

## Watch Where You Walk: Things You Can Do To Reduce Falls on Campus

Slips, falls and tripping accounted for roughly 40% of employee reportable incidents at UL Lafayette in the last year. These incidents can be prevented if we all pay attention to a few important things on our campus.

### Prevention tips to protect others and yourself:

- Constantly observe the direction you are walking and what approaches
- Pay attention to the sidewalk you are walking
- Limit cell phone use when walking
- Pay close attention to your walking surfaces on humid or foggy mornings. This usually will create condensation hazards on the solid surfaces of our campus. Many slips have occurred during these weather conditions and can cause serious injuries
- Try to avoid walking through the grass and lawn areas (we have many sinkholes on our campus)
- Walk in areas that are well lit. Many accidents are caused from walking blindly into a hazard
- Pay attention to the tread and to the surface while walking on stairwells. Pens, paperclips, and hair accessories are common contributing causes to a slip on the stairs. Please pick these items up when you spot them.
- Pay attention to low hanging tree limbs and avoid bending your body to pass under
- Clean up spills immediately! Don't rely on someone else to do it
- Mark large spills with an object that does not create a trip hazard
- Keep walkways free of clutter and close file cabinets
- Eliminate running cords across walkways (unless completely secured properly)

### What can **YOU** do to avoid slipping on campus?

- Take your time
- Pay attention
- Adjust stride to task, especially in inclement weather
- Walk with feet pointed slightly outward
- Make wide turns at corners
- Be more cautious during inclement weather to include wearing shoes with good traction
- Select footwear that cannot easily fall off your feet, regardless of the work environment. Good footwear increases comfort, prevents fatigue, and improves safety
- Report sightings of these items to the Facilities Management 482-2001 or [workorder@louisiana.edu](mailto:workorder@louisiana.edu) :
  - Uneven sidewalks and large cracks
  - Sinkholes
  - Poorly lit areas of campus at night
  - Fluid leaks and spills on exterior walking
  - Stairwells with worn tread
  - Low hanging tree limbs that obstruct sidewalks and walkways

The video below looks at some of the common reported causes of falls and addresses best practices to mitigate these accidents, produced by SORM-Texas.

<https://www.youtube.com/watch?v=8MyTDub227c>