

# **SLOW DOWN, WATCH YOUR STEP**



**Serious injuries can result from slips, trips and falls:**

- . Fractured or broken arms, legs**
- . Head trauma**
- . Loss of teeth**
- . Bruises and scrapes**

## **Reasons why people fall:**

- . Spills**
- . Ice, snow, rain**
- . Slippery floor surfaces**
- . or loose mats and rugs**
- . Not using hand rails (stairs)**
- . Poor lighting**
- . Clutter, obstacles**

**Office of Environmental Health & Safety**

**[www.ehs.utoronto.ca](http://www.ehs.utoronto.ca)**