



Safety Trainer **Slips, Trips, and Falls**

SLIPS, TRIPS, AND FALLS QUIZ

- Keeping walkways, aisles, and stairs clear helps prevent slips, trips, and falls.**
 - True
 - False
- If you're cleaning up or repairing a floor area, you should:**
 - Do it quickly.
 - Mark and block off the area.
 - Assume others will notice the problem.
- When you're carrying a load upstairs or downstairs, you should:**
 - Be sure you can see over it.
 - Carry as much as possible so you only need to make one trip.
 - Carry a flashlight.
- When you have to reach a high place, you should stand on:**
 - A chair
 - Boxes
 - A ladder
- Shoes that will help prevent slips, trips, and falls have:**
 - Flat heels and nonskid soles
 - Steel toes
 - Lightweight uppers
- When you walk across a slippery surface, it's best to:**
 - Move as quickly and directly as possible.
 - Move slowly, sliding your feet.
 - Move slowly, lifting your feet.
- To get the best balance, you should walk with your hands:**
 - At your sides
 - In your pockets
 - Straight out in front of you
- When you climb a ladder, you should:**
 - Have your back to it.
 - Face it, and hold onto the rails.
 - Wear heavy boots.
- You're always safe from falls when you're sitting on a chair.**
 - True
 - False
- To reduce the chances of serious injury when you fall, roll with the fall or:**
 - Put your arms out.
 - Close your eyes.
 - Bend your elbows and knees.

When you have completed this quiz, turn it in to your supervisor.

Name: _____

Date: _____



Safety Trainer Slips, Trips, and Falls

ANSWERS TO SLIPS, TRIPS, AND FALLS QUIZ

1. a. True.
2. b. Mark and block off the area.
3. a. Be sure you can see over it.
4. c. A ladder.
5. a. Flat heels and nonskid soles.
6. b. Move slowly, sliding your feet.
7. a. At your sides.
8. b. Face it, and hold onto the rails.
9. b. False. Tilting back on two chair legs can cause falls.
10. c. Bend your elbows and knees.