Falls are a leading cause of traumatic occupational death, accounting for eight percent of all occupational fatalities from trauma, according to the U.S. Department of Labor. Identifying risks and injury-prevention measures are the first steps in reducing or eliminating fall hazards. To help keep yourself and your co-workers falls-free:

- Wear sensible footwear.
- Keep hallways and workspaces clutter-free and clear of obstacles.
- Clean up spills immediately.
- Keep floors clean, dry, level and secure.
- Maintain good lighting.

Most falls are preventable. Take precautions to reduce your risk.