



## Office Hazards

So you think you have a safe office job.

You spend most of your day sitting in a chair. What could go wrong? The National Safety Council says employees are two-and-a-half times more likely to suffer a disabling fall in an office setting than anywhere else. How to avoid them?

- Safely store boxes, files and other items away from walkways.
- Reduce clutter.
- Don't stretch cords across walkways or under rugs.
- Use a stepladder to reach items stored on high shelves. Never stand on office chairs.
- Use care when making turns in hallways and around blind corners to prevent collisions.
- Carpeting and other skid-resistant surfaces can reduce falls, especially at entrances where employees might have shoes wet from rain or snow.

By raising awareness among employees, office injuries caused by falls can be prevented.

And that's smart safety!

For additional information or guidance, contact your safety office.

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