

LAW OFFICES



# PANTER, PANTER & SAMPEDRO, P.A.

## **HOW TO PREVENT YOUR SLIP AND FALL ACCIDENT – Ten Rules**

1. Choose shoes with rubber type heel bottoms and soles.
2. Check all your shoes bottoms. If they are smooth to the touch, purchase friction – stick on pads. They are available at many stores.
3. When shopping in grocery and other stores, keep en eye on the floors. Most slip and fall accidents in such settings take place when a person turns from one aisle to another and does not see a liquid on the floor.
4. When you go into any restroom, immediately look down at the floor when you open the door.
5. If a restroom seems to be recently cleaned, there is a good chance the custodian left the floor in a wet condition.
6. When using a stair system always use the handrails. Use a firm grip.
7. When using a stair system look down at each tread on which you are about to step.
8. When walking on sidewalks and other exterior walks, look for height differences in the sidewalk slabs at the joints. Grass in expansion joint areas can hide trip hazards.
9. Many older store fronts have step downs at the front doors. Train yourself to notice them when you enter the store.
10. Avoid flip flops and shoes with open backs.