

# Slips, Trips, and Falls Quiz

**1. Keeping walkways, aisles, and stairs clear helps prevent slips, trips, and falls.**

- a. True b. False

**2. If you're cleaning up or repairing a floor area, you should:**

- a. Do it quickly
- b. Mark and block off the area
- c. Assume others will notice the problem

**3. When you're carrying a load up or down stairs, you should:**

- a. Be sure you can see over it
- b. Carry as much as possible so you only need to make one trip
- c. Carry a flashlight

**4. When you have to reach a high place, you should stand on:**

- a. A chair
- b. Boxes
- c. A ladder

**5. Shoes that will help prevent slips, trips, and falls have:**

- a. Flat heels and nonskid soles.
- b. Steel toes
- c. Lightweight uppers

**6. When you walk across a slippery surface, it's best to:**

- a. Move as quickly and directly as possible.
- b. Move slowly, sliding your feet.
- c. Move slowly, lifting your feet

**7. To get the best balance, you should walk with your hands:**

- a. At your sides
- b. In your pockets
- c. Straight out in front of you

**8. When you climb a ladder, you should:**

- a. Have your back to it
- b. Face it and hold onto the rails
- c. Wear heavy boots

**9. You're always safe from falls when you're sitting on a chair.**

- a. True b. False

**10. To reduce the chances of serious injury when you fall, roll with the fall or:**

- a. Put your arms out
- b. Close your eyes
- c. Bend your elbows and knees