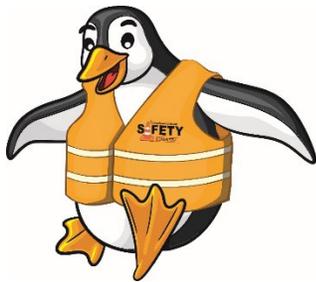




Slips, trips, and falls cause more injuries to Susquehanna Conference employees – and congregants, visitors, and guests – than any other cause. **Safety Pen**, the Conference Safety Mascot, offers some tips to prevent these injuries.



One way to limit the chances of injuries is by paying attention to what's on our floors. The use of strategically placed **floor mats and other related products** can provide several safety benefits. Below are ways that floor mats can reduce the risk of slips and falls in our individual churches and Conference offices.

### Floor Mats Help Prevent Slips and Trips

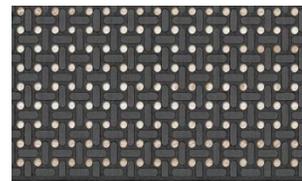
One way to help prevent slips and trips is by adding safety matting that can keep workers and others upright and safe. Dry and wet-area floor mats made with beveled edges and special tread patterns help provide sure footing. This additional traction reduces the risk of slips and trips in heavy traffic areas where accidents normally occur. Runner mats, like that pictured at right, should be at least 12 feet in length at entrances to remove water and debris from soles of shoes.



### Floor Mats Can be Made with Drainage Capabilities for Spills

A leaking pipe or an accidental spill can create a dangerous work environment. Wet or slippery surfaces are one of the three major contributors to slip, trip and fall injuries, and unexpected puddles or spills can turn a once-safe space into a hazardous area. Churches with “commercial-style” kitchens should invest in special wet area floor mats designed with drainage capabilities. Boiler rooms could present another use.

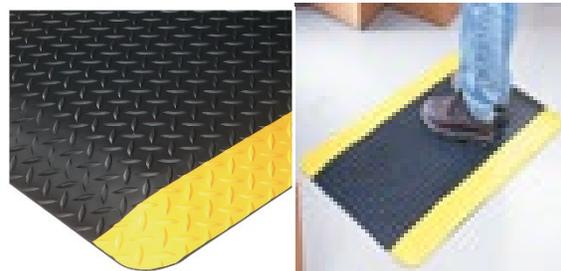
These mats are made with chemical- and grease-resistant rubber and allow water, oil and other slippery substances to drain through to the ground, allowing employees and others to safely move on the mats until they can clean up the mess.



### Anti-Fatigue Mats Provide Comfort and Support

Standing around is harder work than you may think. A study published in the U.S. National Library of Medicine found ample evidence that prolonged standing at work leads to the following health issues:

- Lower back and leg pain
- Cardiovascular problems
- Fatigue
- Discomfort
- Pregnancy-related health outcomes



Supportive anti-fatigue mats can offer workers extra support to minimize the effects of prolonged standing. These mats provide a layer of cushion that reduces the amount of stress placed on the body while standing, reducing overall wear and tear that contribute to everything from nagging injuries to serious injuries that result in long periods away from work. Custodian/Maintenance workshops are areas that could benefit from these anti-fatigue mats.



## Floor Mats and Tape Improve Visibility

A poorly lit walkway or stairwell can lead to people missing a step or veering onto a slippery floor. High-visibility floor mats and anti-slip tape can help guide employees and others to where they can walk safely.

According to U.S. Access Board Research, the most visually detectable color surface is **safety yellow**. Strategically-placed high-visibility floor mats allow people to easily see where it is safe to stand and work.



When it comes to stairs, all it takes is a misplaced step to start a dangerous fall. High-visibility anti-slip tape, like that pictured at right, allows you to clearly mark the edges of each step. This makes each step more visible and provides additional traction for anyone going up or down the stairs. Take care, though, to maintain this tape in good condition and promptly replace tape that begins to “lift” from the stairs.

## Floor Mats Mark Areas of Importance

Another benefit of safety mats is that they can be used to identify safe and hazardous locations. In case of an emergency, workers need to know where they can go. Mats also can be customized to display messages, such as “Caution,” to note where workers should take extra care.



## Floor Mats Prevent Trips Over Electrical Cords



Electrical cords are common trip hazards. Identify and manage these cords using mats, like the one shown at left.

## Resources Available to You

Visit the “Tackle Slips, Trips, and Falls” website for resources to help you prevent these injuries at <https://susumc.org/slips-trips-falls/>. Among the resources provided is a recorded webinar in the “game film” section, pictured below:

