



# Know Your Circle of Safety

Imagine you have a big hula hoop around you, about 3 feet to 6 feet wide. Is there anything in the circle that could cause you to slip, trip or fall? Are hallways blocked with supplies and equipment that make it difficult to navigate? Pay attention to your environment. The few seconds you take to assess your surroundings could mean one less injury to you, a co-worker or even a patient.

**Look for safety hazards that pose immediate dangers — for instance, things that may lead to slips, trips and falls, and result in cuts, bruises or other injuries.**



## TIPS

- ✓ For stability, stack materials with the heaviest objects close to the floor.
- ✓ Wear the right personal protective equipment.
- ✓ Use caution when walking around corners and near swinging doors.
- ✓ Watch out for moving objects and equipment in your work area.
- ✓ Put away cell phones, electronic devices or paperwork when you are walking.
- ✓ Follow safe patient handling protocols for moving patients.
- ✓ Set up your workspace with [ergonomics](#) in mind.
- ✓ Slow down, plan what you are doing and be prepared with the necessary tools to do the job.

## TEAM ACTIVITY

Visit [LMPartnership.org](https://LMPartnership.org) and share the [How-To Guide: Make the Workplace Safer](#) with your team. Review the tools and resources, and find checklists for specific departments that target common hazards in those areas. Discuss solutions and next steps. Encourage everyone to voice their opinion and be part of the process.