

# Don't Slip Up!

Slips can occur on inclines as little as 10°. NIOSH mining research has shown diamond weave grating to provide the best slip protection.

10°



## Friction is your friend on inclined walkways.



**Wear a tool backpack to avoid carrying tools in your hands.**

**Always maintain three points of contact.**



**Choose diamond weave grating when possible.**



**When walking downhill, go slow.**

**Use extra caution when ice, grease, water, or other debris is present.**

**To learn more, visit [cdc.gov/niosh/mining](http://cdc.gov/niosh/mining)**

Data based on results from a NIOSH laboratory study of slips and falls on grated metal walkways. To read the full publication, visit <http://go.usa.gov/x9MZc>

