**PREVENTING** 

ONE STEP AT A TIME



That's approximately

from

28,353 slips and trips annually



About 12% of all accepted injury claims are from a slip or trip.

- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

PRACTICE good housekeeping:



CLEAN up all spills and debris immediately



MARK or IDENTIFY spills and wet areas



KEEP walkways clear of clutter and other obstacles



CLOSE file cabinets and storage drawers immediately



COVER or TAPE down cords or cables

SELECT and WEAR proper footwear:



MATCH your footwear to all the hazards of your job



KEEP shoes in good repair, clean and free from contaminants

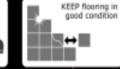
Statistical source: Association of Workers' Compensation Boards of Canada, Injury Statistics Across Canada, 2015

# 5 WAYS<sub>to</sub> the

of







USE installed

light sources

sufficient light

for your tasks

that provide

KEEP walking

from clutter or

obstructions

areas clear



surface and









# Common



- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface





- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

Employers should make sure the health and safety program includes slips and trips prevention:



IDENTIFY high-risk areas such as stairs. entrances, and high-traffic areas



