

# PREVENTING

# FALLS\*



# from SLIPS and TRIPS

ONE STEP AT A TIME

\* Falls that occur on the same level

That's approximately 28,353 slips and trips annually

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

## To PREVENT falls:

- 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 to REDUCE the RISK

## Slipping Tripping

<p><b>SLOW</b> down and pay attention to where you are going</p>	<p><b>KEEP</b> walking areas clear from clutter or obstructions</p>
<p><b>PLACE</b> each foot firmly and flat on the floor</p>	<p><b>KEEP</b> flooring in good condition</p>
<p><b>ADJUST</b> your stride to be suitable for the walking surface and the task</p>	<p><b>USE</b> installed light sources that provide sufficient light for your tasks</p>
<p><b>WALK</b> with your feet pointed slightly outward</p>	<p><b>USE</b> a flashlight if you enter a dark room</p>
<p><b>MAKE</b> wide turns at corners</p>	<p><b>DO NOT LET</b> objects you are carrying or pushing block your view</p>

# Common CAUSES

## Slips.....



- 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

## Trips.....



- 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:



CONDUCT regular inspections



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



TRAIN managers, supervisors and workers

