

# Falls on the Same Level – Picture This



## PREVENTING FALLS\*

# FALLS

from **SLIPS and TRIPS**

ONE STEP AT A TIME

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

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

## 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

Canadian Centre for Occupational Health and Safety

Source: [Ehssafetynews.com](http://Ehssafetynews.com)