

# Slips, Trips, And Falls – Landscaping Infographic



## PREVENTING 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 of

### Slipping

- SLOW** down and pay attention to where you are going
- PLACE** each foot firmly and flat on the floor
- ADJUST** your stride to be suitable for the walking surface and the task
- WALK** with your feet pointed slightly outward
- MAKE** wide turns at corners

### Tripping

- KEEP** walking areas clear from clutter or obstructions
- KEEP** flooring in good condition
- USE** installed light sources that provide sufficient light for your tasks
- USE** a flashlight if you enter a dark room
- 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

**CCOHS.ca**  
Canadian Centre for Occupational Health and Safety

Source: <https://www.ccohs.ca>