

Slips, Trips, and Falls 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 of 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: <https://ehssafetynewsamerica.com>