

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



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



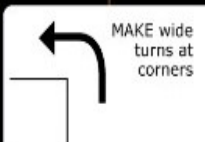
USE installed light sources that provide sufficient light for your tasks



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