

# Falls on the Same Level – Picture This



## 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.

● Falls that occur on the same level

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 or 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

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Canadian Centre for Occupational Health and Safety

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