

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.

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
- 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
- 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



Source: Ehssafetynews.com