

# Preventing Injuries From Slips, Trips and Falls Picture This



**PREVENTING FALLS**  
from **SLIPS, TRIPS**  
ONE STEP AT A TIME

That's approximately **28,353** slips and trips annually

About **52%** of all accepted injury claims are from a slip or trip.

**PREVENT**

- Use proper footwear
- Use proper walking technique
- Use proper lifting technique
- Use proper storage technique
- Use proper cleaning technique

**PRACTICE** good housekeeping:

- Clean up all spills and debris immediately
- Report any slippery conditions and wet areas
- Keep walkways clear of clutter and other obstructions
- Clean up any spills and debris immediately
- Report any slippery conditions and wet areas

**SELECT** and **WEAR** proper footwear:

- Select shoes with proper tread and slip resistance
- Wear shoes with proper tread and slip resistance

**5 WAYS to REDUCE the RISK of Slipping Tripping**

Slipping	Tripping
1. Wipe up spills and debris immediately	1. Keep walkways clear of clutter and other obstructions
2. Use proper footwear	2. Use proper walking technique
3. Use proper lifting technique	3. Use proper storage technique
4. Use proper cleaning technique	4. Report any slippery conditions and wet areas
5. Use proper housekeeping	5. Use proper housekeeping

**Common CAUSES**

**Slips**

- Slippery materials (water, oil, snow, ice, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

**Trips**

- Uneven walking surfaces
- Unsupported or uneven steps, platforms or thresholds
- Stretched 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.

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

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