

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

 <p>SLOW down and pay attention to where you are going</p>	 <p>KEEP walking areas clear from clutter or obstructions</p>
 <p>PLACE each foot firmly and flat on the floor</p>	 <p>KEEP flooring in good condition</p>
 <p>ADJUST your stride to be suitable for the walking surface and the task</p>	 <p>USE installed light sources that provide sufficient light for your tasks</p>
 <p>WALK with your feet pointed slightly outward</p>	 <p>USE a flashlight if you enter a dark room</p>
 <p>MAKE wide turns at corners</p>	 <p>DO NOT LET objects you are carrying or pushing block your view</p>

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: Ehssafetynews.com