

# Housekeeping Construction Infographic

## PREVENTING FALLS\* from SLIPS and TRIPS ONE STEP AT A TIME

\*Falls that occur on the same level

About 12% of all accepted injury claims are from a slip or trip.

### 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
- MATCH your footwear to all the hazards of your job
- KEEP shoes in good repair, clean and free from contaminants

### SELECT and WEAR proper footwear:

- Icon of a broom
- Icon of a bucket with a warning sign
- Icon of a hand holding a cloth
- Icon of a cabinet with a handle
- Icon of a power cord
- Icon of a person's foot

Statistical source: Association of Workers' Compensation Boards of Canada, Injury Statistics Across Canada, 2015

To PREVENT falls:

- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

## 5 WAYS to REDUCE the RISK of 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
- WALK with your feet pointed slightly outward
- USE installed light sources that provide sufficient light for your tasks
- 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

## Common CAUSES 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

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

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