

Slips, Trips, and Falls Picture This

PREVENTING FALLS from **SLIPS and TRIPS**

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

ONE **STEP** AT A TIME

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

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
- USE installed light sources that provide sufficient light for your tasks
- WORK with your feet pointed slightly outward
- USE a flashlight if you enter a dark room
- PAUSE wide turns at corners
- DO NOT LET objects you are carrying or pushing block your view

Common CAUSES of 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 of 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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Source: <https://ehssafetynewsamerica.com>