

PREVENTING

FALLS*



from SLIPS, TRIPS and

ONE STEP AT A TIME

*Falls that occur on the same level

That's approximately
28,353 slips and
trips annually



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

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

To PREVENT falls:

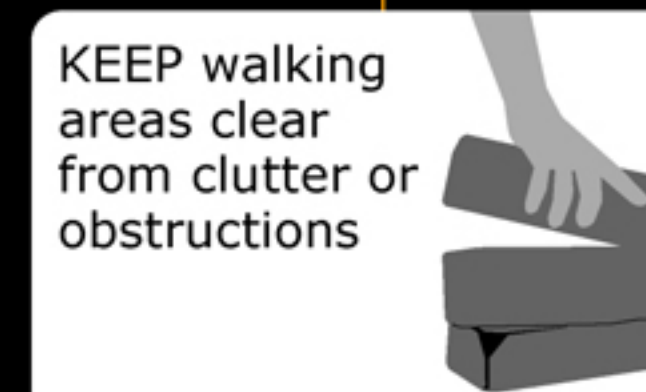
- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

5 WAYS to REDUCE the RISK

Slipping Tripping



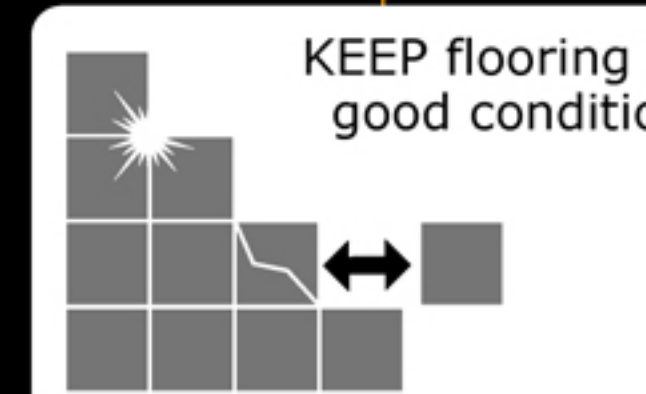
SLOW down and
pay attention
to where you
are going



KEEP walking
areas clear
from clutter or
obstructions



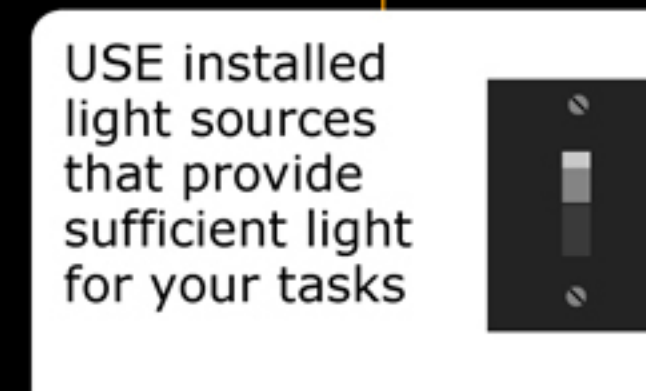
PLACE each
foot firmly
and flat on
the floor



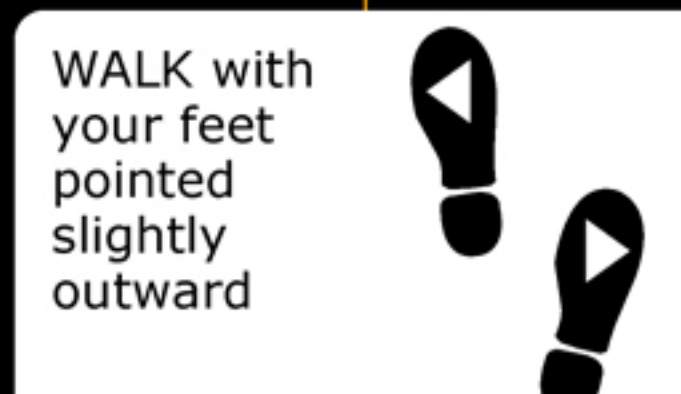
KEEP flooring in
good condition



ADJUST your stride
to be suitable for
the walking
surface and
the task



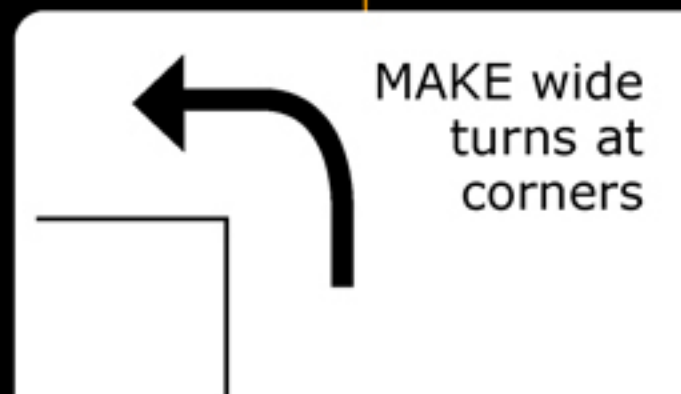
USE installed
light sources
that provide
sufficient light
for your tasks



WALK with
your feet
pointed
slightly
outward



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

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

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

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