Safety & Care Slips, Trips, and Falls

Slips, trips, and falls remain a major cause of injury in the workplace. Risk is higher from autumn to spring, with most incidents occurring in winter. During winter months, WSCC manages an average of one claim per day. At least one incident during each winter month is due to a slip, trip, or fall, resulting in major time loss from work.

Reduce risk of injury by using proper footwear, pay attention to your surroundings, and maintain good housekeeping practices. Take your time, and make sure you have enough light to see what you are doing and where you are going.

Slips happen when you don't have enough friction between your feet (with or without shoes) and the surfaces you walk on.

WHAT CAN CAUSE SLIPS?

- · Wet, oily, or otherwise contaminated walkways
- · Floor surfaces in disrepair
- · Loose or unanchored mats or rugs
- Spills
- Weather hazards (such as ice, rain, or snow)
- · Lack of employee training
- Inappropriate footwear, including shoes with worn soles
- Travelling/moving from a dry surface to a wet surface

TO PREVENT SLIPS

- Don't rush take your time.
- Take shorter strides; point your feet slightly outwards to improve balance.
- Wear proper-fitting, appropriate footwear for your work.
- Immediately clean all spills.
- When using mats, keep them from moving with pressure-sensitive adhesive.
- Keep one hand free to balance or break a fall.
- Paint smooth floors with sand set in the mixture.
- Practice good housekeeping.
- Use ice cleats outdoors in slippery conditions.



Safety & Care Slips, Trips, and Falls

Trips can happen when your foot or body hits something, causing you to lose your balance. A quarter inch change in elevation causes people to stumble or fall.

WHAT CAN CAUSE TRIPS?

- Uneven surfaces, stairs, walkways, or doorways.
- Wrinkled carpets or mats
- · Snow or frozen ice ruts
- · Cables or cords
- Materials on the floor (wood, tubing, clothing, books, buckets, paper, tools)
- Open cabinet drawers

TO PREVENT TRIPS

- Remove obstacles and clutter from walkways.
- Take your time; never rush.
- · Close filing cabinets or storage drawers.
- Ensure your view is not blocked when carrying items.
- Cover cables and cords that cross walkways.
- Maintain three-point contact when using stairs.
- · Keep one hand free to balance or break a fall.

Falls can happen as a result of losing your balance at any height. The height you fall from and the surface you land on can increase the severity of an injury.

WHAT CAN CAUSE FALLS?

- Inattention when coming down from equipment or a platform.
- Stepping into an unmarked hole.
- Using an unbalanced ladder or makeshift ladder extension.
- Overextended leaning while on a ladder or platform.

TO PREVENT FALLS

- Check your worksite for potential hazards.
- Make sure you have proper lighting.
- Always use a ladder or step ladder to reach high shelves (never stand on a chair or box).
- Make sure ladders, platforms or other equipment are in safe working condition.
- Use guardrails as warning devices for open sides, edges, and pylons to mark openings.
- Use your hands to provide three-point contact when getting in and out of vehicles, equipment or climbing ladders.
- Wear a safety harness or personal protective equipment (PPE) when working above 1.2 metres without a guardrail.
- Take breaks to stay alert.

For more information, visit our website to review the *Occupational Health and Safety Regulations* – Sections 12, 13, 100, 104(2)(a), 120(1), 120(2), 260, and 420(2).