PREVENTING FALLS from SLIPS and TRIPS

That’s approximately 28,353 slips and trips annually

To PREVENT falls:
- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

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


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

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
- BE LATE to your job to make sure you have the correct footwear

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