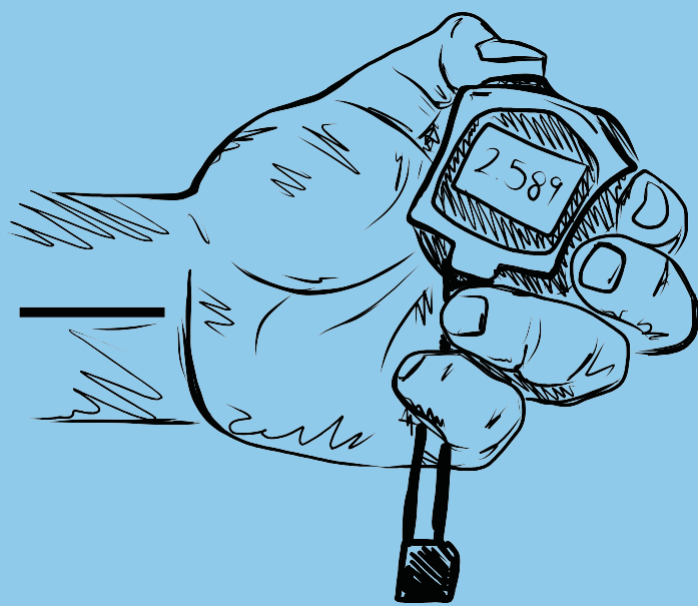


# Prevention of Slips, Trips and Falls



Over **42,000**

workers are injured annually due to fall accidents

That's more than one injury every 2.5 minutes!



This number accounts for **17%** of the "loss-time injuries" that were accepted by workers' compensation boards or commissions across Canada. (in 2011)

## HOW CAN YOU PREVENT FALLS DUE TO SLIPS AND TRIPS?

### 1 Housekeeping

**Good housekeeping** is the first and the most fundamental level of preventing falls due to slips and trips.

- Including:
- ▲ cleaning all spills immediately
  - ▲ marking spills and wet areas
  - ▲ mopping or sweeping debris
  - ▲ removing clutter
  - ▲ securing mats, rugs and carpets
  - ▲ closing file cabinet or storage drawers
  - ▲ covering cables that cross walkways
  - ▲ keeping working areas and walkways well lit
  - ▲ replacing used light bulbs and faulty switches

Without good housekeeping practices, any other preventive measures such as installation of sophisticated flooring, specially footwear or training on techniques of walking and safe falling will never be fully effective.

### Footwear

Since there is no footwear with **anti-slip** properties for every condition, consultation with manufacturers is highly recommended in selecting proper footwear.

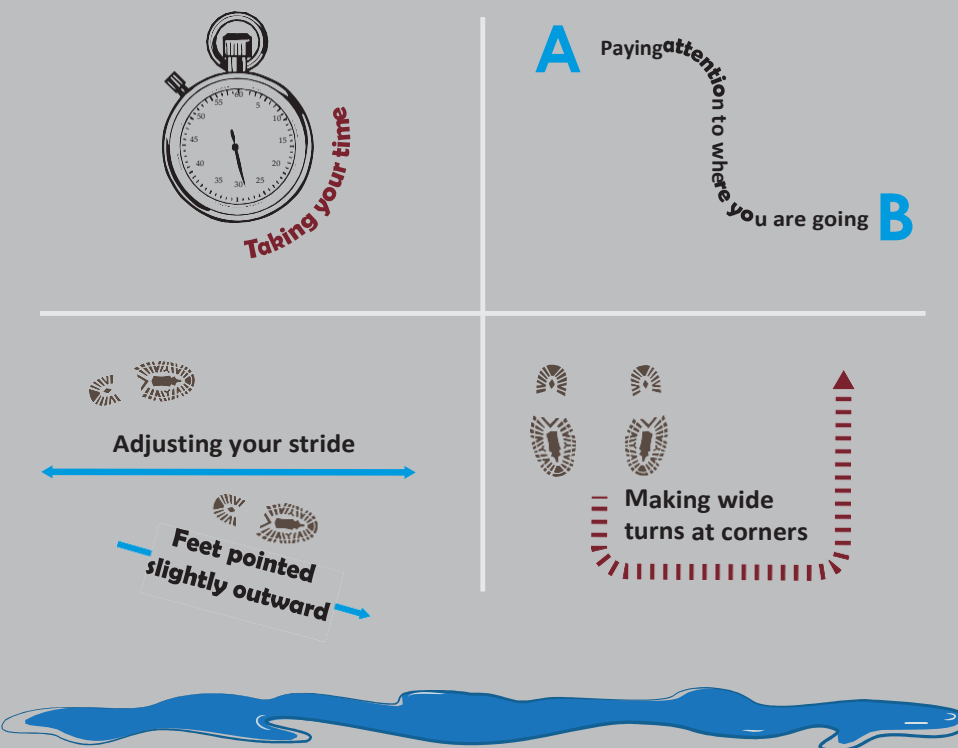
Properly fitting footwear increases comfort and prevents fatigue, which in turn improves safety for the employee.

### Flooring

Installing or replacing **resilient, non-slippery flooring** can further improve safety and reduce the risk of falling, as well as prevent or reduce foot fatigue. Recoating or replacing floors, installing mats, pressure-sensitive abrasive strips or abrasive-filled paint-on coating, and metal or synthetic decking contributes to slip prevention measures.

## WHAT CAN YOU DO TO AVOID FALLING AT WORK?

YOU CAN REDUCE THE RISK OF SLIPPING ON WET FLOORING BY:



**66%** of falls happen on the same level resulting from slips and trips

**34%** are falls from a height

## SLIPS



SLIPS HAPPEN WHERE THERE IS TOO LITTLE FRICTION OR TRACTION BETWEEN YOUR FOOTWEAR AND THE WALKING SURFACE.

- COMMON CAUSES OF SLIPS ARE:
- ▲ wet or oily surfaces
  - ▲ weather hazards
  - ▲ loose rugs or mats
  - ▲ walking surfaces with unequal traction

## TRIPS



TRIPS HAPPEN WHEN YOUR FOOT COLLIDES WITH AN OBJECT CAUSING YOU TO LOSE BALANCE AND EVENTUALLY FALL.

- COMMON CAUSES OF TRIPS ARE:
- ▲ obstructed view
  - ▲ poor lighting
  - ▲ clutter
  - ▲ wrinkled carpeting
  - ▲ uncovered cables
  - ▲ open drawers not being closed
  - ▲ uneven walking surfaces

## FALLS

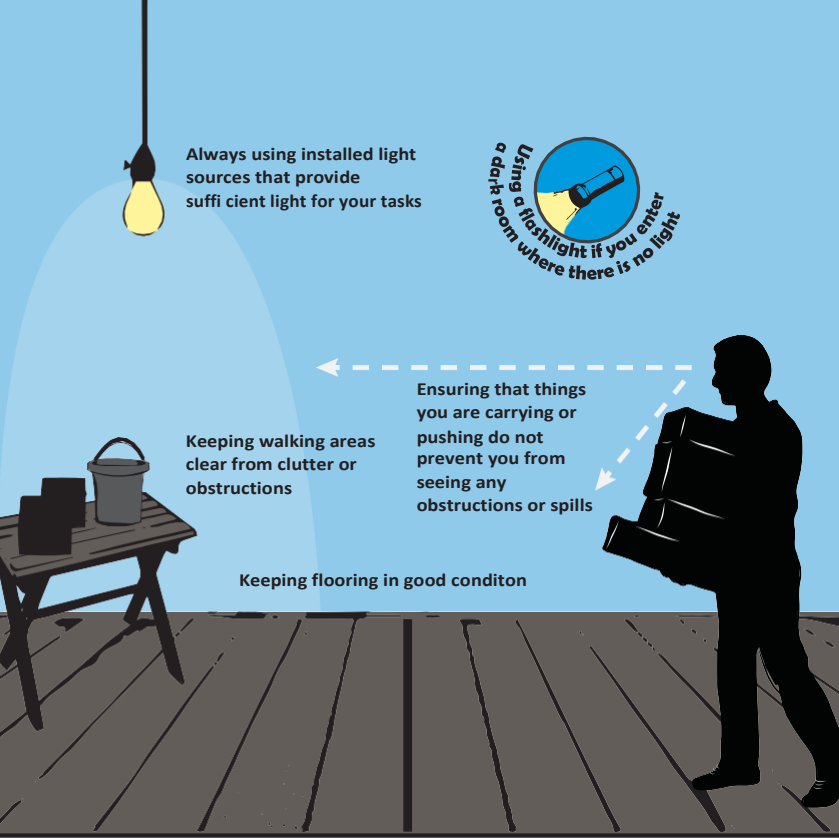
Each type of fall requires different features in a fall prevention program.

- FALLS FROM AN ELEVATION COMMONLY OCCUR FROM HEIGHTS DUE TO:
- ▲ ladders
  - ▲ roofs
  - ▲ down stairs
  - ▲ jumping to a lower level



FALLS FROM AN ELEVATION HAPPEN WHEN WORKERS ARE AT RISK OF FALLING THREE METERS OR MORE.

YOU CAN REDUCE THE RISK OF TRIPPING BY:



YOU CAN REDUCE THE RISK OF FALLING FROM A HEIGHT BY:

Establishing a complete fall protection program (if one is not in place), including:

