

HEALTH AND SAFETY INFORMATION BULLETIN

CORPORATE RISK

PREVENTION OF SLIPS, TRIPS AND FALLS

SIGNIFICANT CAUSE OF INJURIES → Slips, trips and falls are one of the leading causes of employee injuries. In 2011/2012, approximately 23% of the board's lost time and medical aid WSIB reportable injuries were caused by slips, trips or falls. **SLIP, TRIP AND FALL ACCIDENTS HAVE THE POTENTIAL TO CAUSE SERIOUS INJURIES OR DEATH.**



MAIN CAUSES:

- ◆ Slipping on ice in parking lots, playgrounds and on steps
- ◆ Slipping on wet floors
- ◆ Tripping over cords, clutter and uneven surfaces
- ◆ Falling off chairs, tables and ladders



SLIPS

Occur when there is little friction or traction between footwear and walking surface.

PREVENTION

- ◆ Wear proper footwear for the weather conditions.
- ◆ Use anti-slip footwear doing yard duty or outdoor activities in winter conditions.
- ◆ Watch for wet and slippery surfaces. Adjust stride when walking.
- ◆ Clean up spills ASAP.
- ◆ Watch for wet floor warning signs posted by custodial staff.
- ◆ Report issues and concerns.



TRIPS

Occur when your foot contacts an object or uneven surface causing you to lose your balance.



PREVENTION

- ◆ Maintain good housekeeping.
- ◆ Remove obstacles from walkways.
- ◆ Do not obstruct your vision when carrying objects.
- ◆ Report burnt out bulbs and poorly lit areas.
- ◆ Report damaged carpets, floors, drive-ways and steps

FALLS

The result of a slip/trip or loss of balance from heights. Although falls from heights occur less frequently than falls on the same level, they have a greater potential for causing serious injuries.

PREVENTION—FALLS SAME LEVEL

- ◆ Follow strategies for the prevention of slips and trips.

PREVENTION—FALLS FROM HEIGHTS

- ◆ Use proper step stool or ladder when reaching for overhead objects—do not stand on chairs/desks
- ◆ Only use ladders, scaffolding and power lifts if you have received appropriate training (see HS 05-17— Ladders, Scaffolds and Power Lifts).
- ◆ Follow appropriate procedures when using ladders, scaffolding and power lifts (see HS-05-17 and HS -05-23—Fall Protection Program).
- ◆ Inspect equipment prior to use. Take unsafe equipment out of use, tag as unsafe and report it to your principal and custodian.

