

## **Topic: Slips Trips and Falls**

### **A Dozen Ways to Reduce Your Risk of Slips, Trips and Falls**

Every year, tens of thousands of workers get injured due to slips, trips and falls. These injuries account for a significant portion of time-loss injuries and have a serious effect on the lives of those injured.

#### **Example**

A worker was walking on an inclined dock ramp when he slipped and fell, catching his foot between the edge of the ramp and another structure. He broke his lower leg.

A millwright was troubleshooting a malfunction when he suddenly slipped. As he slipped, his hand contacted a running-side planer head, amputating his fingers.

A truck driver slipped and fell while exiting the cab of his truck, bumping his head on the truck step. He returned to work and, two hours later, collapsed at the job site due to head trauma.

#### **What's the Cause?**

Most falls happen on the same level and result from slips and trips. Slips occur when there is not enough traction between your footwear and the surface you're walking on. Slippery floors, loose mats or inconsistent walking surfaces are just a few causes of slips.

Trips occur when your foot hits an object, causing you to lose your balance and fall. This can happen when there is clutter on the floor or poor lighting.

#### **How to Protect Yourself**

Here are a dozen ways you can reduce your risk of slipping, tripping and falling:

1. Practice good housekeeping and ensure all spills are reported and cleaned up immediately.
2. Post warning signs for wet floor areas.
3. Take your time when walking on wet floors and pay attention to where you're going.
4. Remove obstacles and clutter from walkways and exits.
5. Tape down or cover any temporary cables or cords that cross walkways.
6. Securely affix rugs and carpets.
7. Report to maintenance any flooring that is in poor condition.
8. Ensure all walkways are well lit and report lights that are burned out or faulty switches.
9. Close cabinet drawers.
10. Select footwear with anti-slip properties that are suitable for your job.
11. Use a flashlight when entering a dark area.
12. If you're carrying objects, ensure the load you're carrying does not obstruct your view of the path ahead.

# TOOLBOX TALKS



## Conclusion

Slips, trips and falls occur far too often and seriously injure many workers every year. Protect yourself with a bit of caution, good housekeeping practices and proper footwear.

\*\*\*\*\*

## Quiz:

1. Most falls happen on the same level and are caused by slips or trips.  
True or False
2. Reporting faulty switches or worn flooring is someone else's job.  
True or False
3. Open cabinet drawers are not a safety concern because they are large and obvious enough to be seen by anyone.  
True or False
4. Temporary cords that cross walkways should be taped down or covered.  
True or False
5. Workplace injuries as a result of slips, trips and falls are rare.  
True or False

## Answers:

1 True, 2 False, 3 False, 4 True, 5 False