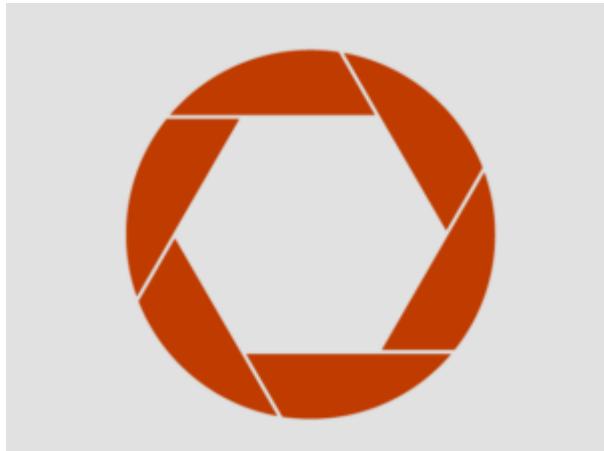


Slips, Trips, and Falls Picture This



PREVENTING
FALLS* !
from
SLIPS and TRIPS
ONE STEP AT A TIME

*Falls that occur in the same level

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

PRACTICE
good housekeeping:

- CLEAN up all spills and debris immediately
- HAZK 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
- KEEP shoes in good repair, clean and free from contaminants

SELECT and WEAR proper footwear:

- MATCH your footwear to all the hazards of your job

Employers should make sure the health and safety program includes slips and trips prevention:

5 WAYS to REDUCE the RISK of Slipping or Tripping

- Slow down and pay attention to where you are going
- PLACE each step firmly and flat on the floor
- KEEP walking areas clear from clutter or obstructions
- ADJUST your stride to be suitable for the surface and the task
- USE installed light sources and sufficient light for your tasks
- WALK with your head pointed slightly outward
- DO NOT LET objects阻挡 your path or pushing back your view
- MAKE wide turns at corners
- USE a flashlight if you enter a dark room

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

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