



SAFETY TALKS

Slips, Trips and Falls

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Slips, trips and falls are one of the leading causes of workplace injuries in Manitoba. They are one of the most common as slip and trip hazards can be found in all areas of the workplace. If workers are not aware of these types of hazards, it can lead to unexpected incidents and injuries. You can slip if there is not enough friction to allow your footwear to grip the walking surface or you can trip if your foot catches on something, throwing you off balance. These situations may result in a fall which can produce injuries ranging from bruises, cuts, muscle strains and sprains, broken bones, concussions and even death.

What is the Danger?

Slips, trips, and falls happen in the workplace for many reasons. Listed below are some key factors that influence the risk of these hazards:



Many organizations have dramatically reduced their slip, trip and fall injury rates by changing the way their workplaces are built and arranged. Examples of workplace design include:

- Changing or modifying walking surfaces by recoating or replacing floors
- Installing mats
- Exterior canopies over entrances to help keep rain and snow from entering
- Broom and shovel racks
- Handrails for stairs
- Safe walk zones
- Securing ladders to a wall and tools to racking
- Additional cabinets to keep equipment and items off the floor



Safety Tips

- ✓ Train managers, supervisors, workers and safety committee or representative on slip, trip and fall prevention.
- ✓ Identify and be alert of high-risk areas such as stairs, entrances, and high traffic areas.
- ✓ Ensure good housekeeping by conducting daily inspections of your work area and regular inspections of your workplace. Any identified hazards should be reported to your supervisor.
- ✓ Keep walkways clear of clutter and other obstacles. This may include moving tool carts and closing drawers or cabinets after use.
- ✓ Cover or tape down cords or cables that cross walkways.
- ✓ Ensure walkways are well-lit by replacing bulbs.
- ✓ Mark or identify any spills and wet areas. Ensure they are cleaned up quick and effectively.
- ✓ Clear snow and ice in outdoor areas (sand or de-ice). Outdoor surfaces must be maintained in good repair.
- ✓ Ensure workers are trained on spill cleanup procedures. This may include the use of appropriate tools, products, PPE and reference to the SDS.
- ✓ Match your footwear to all the hazards of your job. Footwear must be kept clean and in good repair.
- ✓ Take your time and pay attention to where you are going. Keep a pace and stride that is suitable for the walking surface or task you are performing.

Demonstrate

Review procedure on how to report a spill / spill response kit

Review housekeeping rules for your department

Review footwear requirements or Personal Protection Equipment Policy with workers

Discussion

What are some common causes of slips, trips and falls in the workplace?

Should a slip and trip that did not result in injury or fall still be reported? – Near miss

Who is responsible for eliminating slip and trip hazards in your workplace?

