

# **SAFE WORK PRACTICE**

## **Slips, Trips and Falls**

### **Purpose**

To provide guidelines to employees on how to prevent workplace injuries resulting from slips and trips.

### **General**

Slips happen when there is too little friction or traction between footwear and the walking surface. Wet or oily surfaces, spills, weather hazards, loose, unanchored rugs or mats and flooring or other walking surfaces that do not have the same degree of traction in all areas are common causes of slips.

Trips happen when your foot collides with an object causing you to lose your balance and eventually fall. Common causes of tripping are obstructed view, poor or uneven lighting, wrinkled carpeting, uncovered cables, bottom drawers not being closed, uneven walking surfaces (e.g., steps and thresholds) and clutter in your way.

### **Guidelines for preventing falls due to slips and trips**

You can reduce the risk of slipping or tripping by:

- Making sure your work area is free from clutter and walkways are clear.
- Taking corrective action anytime you see obstructed walkways in the building. Immediately move the hazard if possible and/or contact the supervisor of the area in which the tripping hazard is evident.
- Walking at a reasonable pace for the surface you are walking on and look where you are walking.
- Using mirrors at corners.
- Ensuring things you are carrying or pushing do not prevent you from seeing obstructions or spills.
- Covering cables and extension cords that cross walkways.
- Wearing appropriate footwear for the surface being walked on. For example, wear winter footwear fitted with anti-slip protection for walking on icy conditions.
- Not using a box or chair for a step-ladder.
- Securing mats, rugs and carpets that do not lay flat.
- Having sufficient lighting for the lifting task.