



Slips, Trips and Falls

ASK: How many people in Canada do you think are injured every year due to slips, trips and falls?

- a) 3,000
- b) 10,000
- c) 30,000
- d) **60,000**



This number represents approximately 15% of the “time-loss injuries” that were accepted by Workers Compensation Boards (WCB) across Canada. ***It's a large percentage of incidents that are preventable!***

ACKNOWLEDGE: Thank you for being here and participating in this safety talk. (Make eye contact with the entire group). I know your time is valuable and I'm going to do my best to make it worth your while.

WIIFM (What's In It for Me?): Today we're doing a brief safety talk concerning slips, trips and falls. The purpose of this talk is to inform you about how they occur and most importantly, how they can be prevented. We all have slipped and tripped at one time or another, so you may think it may not be that big of a deal. The truth is that one slip or trip may have larger consequences on your life.

ASK: How many of you can afford to fall and hurt your back tomorrow? How will this injury affect your home life, your work life, and what happens if you are not able to heal 100%? Can anyone share an example of how a slip, trip or fall has negatively affected someone you know?



On average slips, trips and falls cost employers \$2,000 / year in direct WCB costs and a whopping \$22,000 in direct and indirect costs!



Not only are slip, trip and fall incidents costly, but more importantly they amount to needless pain, suffering and sometimes even death. As a business we need to:

- Understand how fall incidents happen
- Identify the hazards and trouble areas
- Eliminate or minimize slip trip and fall hazards

FALLS : Does it surprise you to know that 60% of falls happen on the same level (slips and trips)?

ASK: What are the most common causes of slip, trip and falls indoors? (*Answer: poor housekeeping, wet , oily surfaces, carpets not fitted correctly etc*),

ASK: What are the most common causes of slip, trip and falls outdoors? (*Answer: poorly maintained paths and pavement, uneven ground, weather conditions. obstructed walkways, loose wires, spills, raised mats etc*)

Stress with your group that all these mentioned factors are 100% preventable!



INJURIES

ASK: What are the most common injuries that can result from slips, trips and falls? *Wait for responses such as:*

- Bruises
- Cuts
- Fractured or broken bones
- Musculoskeletal injuries (back, sprained wrists and ankles)
- Head injuries
- Fatality

PREVENTION

Good housekeeping is the most basic way to prevent slips and trips in the workplace. Without this primary prevention tool, other measures such as specialty flooring, footwear and walking techniques will never be fully effective. Hazards must be eliminated first and foremost.

- Clean up spills immediately. If you have to leave the area before cleaning it up, ensure spills and wet areas are marked.
- Sweep debris from the floor
- Remove obstacles and clutter from pathways
- Secure mats and rugs to floors with tape or tack so they lay flat and cannot slip around
- Properly cover cables that cross walkways
- Ensure proper lighting where people work and walk
- Close drawers and file cabinet doors
- Carry objects in a way not to obstruct your view
- Be aware and report fall hazards immediately to your supervisor

ASK: Can we identify some areas of our workplace where housekeeping is an issue or can become an issue?

Floors can be modified to prevent falls as well. Replacing and resurfacing floors and installing mats are all ways that we can help to reduce the risk of falling.

Selection of proper footwear is important in areas where floors may be oily and wet, as well as where workers spend much of their time outdoors. It is very important that you check with the manufacturer's recommendations with each shoe, since there is no footwear available that is suitable for each and every slippery condition. Footwear needs to fit properly to help reduce the risk of fatigue and increase comfort.

Risk Areas

- Floors
- Ramps
- Walkways
- Outdoor surfaces
- Stairs
- Ladders, scaffolds, work platforms
- Machinery

Risk Factors

- Slippery floors
- People
- Inactions or actions of others
- Insufficient training
- Equipment
- Material
- Improper storage
- Poor housekeeping
- Climate (snow, heat, cold, rain)
- No procedures
- Weak maintenance program
- Inappropriate flooring

Controls

- Slip resistant flooring
- Proper PPE
- Secured floor mats
- Warning signs
- Good housekeeping
- Regular inspections
- Repairs of equipment
- Improve lighting
- Policies and procedures
- Regular maintenance of equipment building
- Snow removal and salted walkways



Remember to: Ask for the commitment of your employees, answer all questions, thank them for their time and document that this safety talk occurred.

RECORD OF SAFETY TALK

Date: _____ Time: _____

Given By: _____

Company: _____ Work Location _____

| |
|--|
| Results of inspection, demonstration or other activity or suggestions during talk: |
| |
| |
| |

| Employees Attending: | |
|----------------------|-----------|
| Print Name | Sign Name |
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |

Signed: _____

Position Held: _____