



HAZARD ALERT: SLIPS, TRIPS & FALLS

SLIPS, TRIPS AND FALLS

Slips, trips and falls are among the highest causes of injury and incidents in Manitoba workplaces. Across the province, approximately 2,800 workers are hurt in fall-related incidents each year. One of the most important elements of a workplace safety and health program is an effective system to identify and control hazards. Implementing this system at your workplace will help to safeguard employees against slip, trip and fall-related injuries and reduce the occurrence of time-loss injuries.



What causes falls?

More than 69 per cent of all workplace falls in Manitoba happen on level ground when workers slip or trip and lose their footing. The remainder happens when workers lose their footing from an elevated point like a ladder, top of a staircase, a chair or from a roof, if an effective fall protection system is not being used.

Slips may be caused by inconsistencies in walking surfaces.

Workers may trip when a surface is uneven or another object gets in the way of a walking path. Trips start with a loss of balance and most often end in a fall.

Workers can help protect themselves by wearing proper footwear. Shoes such as high heels and smooth-surfaced soles, in particular, are often the culprits in slips and falls.

But....the biggest cause of falls is an unsafe attitude.

Falls are avoidable – if you take the proper precautions, you can prevent injury.



Slips

Slips happen where there is too little friction or traction between the footwear and the walking surface. Common causes of slips are:

- wet, oily, or slippery surfaces
- occasional spills
- weather hazards
- loose gravel
- loose, unanchored rugs or mats
- flooring or other walking surfaces that do not have same degree of traction in all areas or that are worn out.



Trips

Trips happen when your foot collides (strikes, hits) an object causing you to lose the balance and, eventually fall. Common causes of tripping are:

- obstructed view
- poor lighting
- clutter in your way
- uneven carpet or flooring
- uncovered cables
- stairs
- bottom drawers not being closed
- uneven walking surfaces
- workers not paying attention.



How can you prevent falls?

The best way to ward off falls **is to eliminate the hazards which cause them.**

Most often, falls happen because of an unexpected change in conditions – that is: surface conditions, environmental conditions or walking conditions. To minimize the effect of a change in conditions **always wear proper footwear and be alert to changes in your walking path.**

You can also help protect those around you from falls by doing the following:

- Clean up spills quickly – don't assume someone else will
- Wear sensible / safe footwear
- Barricade all wet or uneven areas
- Remove obstacles from walkways
- Cover cables on walking surfaces
- Tack down loose mats or rugs
- Don't rush or let yourself get distracted
- Don't carry things which block your view
- Always store items safely to avoid trip hazards
- Never leave cabinet drawers open
- Do not block stairways or aisles
- Don't carry out tasks if you are not physically capable... ask for help
- Sand icy spots immediately

Ultimately, it is **everyone's responsibility** to avoid slips, trips and falls – but ensuring that your workplace has a system in place to identify and control hazards is the best place to start.



SAFE WORK

SAFE SPOT THE HAZARD
ASSESS THE RISK
FIND A SAFER WAY
EVERYDAY