



## TOPIC | SLIPS AND TRIPS

Many workers, in all types of industries, are injured each year from slips, trips and falls. These types of accidents occur daily in all types of workplaces, both high and low risk work environments. *Many workers are probably more likely to be injured on the job by slipping or falling than by any other job-related hazard.*

### POTENTIAL INJURIES

- **Impact injuries; falling backward, striking the head**
- **Musculoskeletal (strains, sprains, fractures; injuries to wrists and shoulders falling forward on outstretched palm (SLAP injury ... like a rotator cuff tear)**
- **Mechanical back pain (and *potential* disc herniation) trying to recover balance and 'jarring' the spine and/or pelvis (L5/S1)**
- **Injuries to your "pride" ...**

## SAFEGUARDS | PREVENTING SLIPS / TRIPS

Walking is such a natural function that people usually don't pay much attention when they are doing it. They are often not fully aware of their surroundings or of the conditions around them. Sometimes people move or work in such a way that they create a slip and fall hazard. Avoiding slips, trips and falls is very often a matter of common sense and good judgement.

### • **Don't Move Faster Than Conditions Allow**

#### ○ **Pick up your feet ... don't shuffle!**

*Most people do not pick up their feet when they walk, that's why it is so easy for even a small obstacle (or grade change) to catch the forward foot and cause a person to trip*

#### ○ **On wet or slick/slippery surfaces, make sure that you are maintaining your footing as you move.**

*Think 'penguin' when walking on a slippery surface; walking with your feet pointed slightly outwards creates a larger and more stable base, and keeping your feet under you (i.e. waddling) ensures that your center of gravity remains above your supporting foot.*

### • **Don't Create Hazards**

#### ○ **Practice good housekeeping.**

*Clean up spills, pick up items dropped on the floor, and do not leave tools (i.e. rakes) lying around ... just waiting to be tripped over.*

#### ○ **Do not block doorways or accesses.**

*People aren't going to move stuff out of their way ... they are going to move around the stuff to make their way*

### • **Use Proper Tools And Equipment Correctly**

#### ○ **Ensure that your shoes / boots are in good condition**

#### ○ **Ensure adequate platform widths and construction; minimum 18" wide and with cleats if used as a ramp**

#### ○ **Maintain a hand hold (i.e. three-point contact) on ladders and stairs ... and not leaning out too far when reaching, as it is easy to lose balance and fall**

### DISCUSS WITH THE GROUP

- **What** slip / trip hazards are present in your workplace?
- **How** can you (as the immediate worker) control the hazards?
- **Are you able to correct** every slip / trip hazard in your workplace?  
*Is there a reporting / hazard communication mechanism (to Supervisor and/or Employer) available and in use ...*
- Discuss hazards that are 'OK' and **which** might lead to a potential hazard report and/or 'work refusal' based on 'risk of injury'.



# SAFETY MEETING | TOOL BOX TALK FORM

Title of Talk | \_\_\_\_\_

Company | \_\_\_\_\_ Location | \_\_\_\_\_

Talk given by | \_\_\_\_\_ Date | \_\_\_\_\_

## Personnel / Crew Attending |


## Other discussions during the talk |


## Other Concerns |

## Response or Desired Action |

## Action by |

Other Concerns	Response or Desired Action	Action by

Worker Rep | \_\_\_\_\_ SIGN

Employer Rep | \_\_\_\_\_ SIGN