

SAFETY DISCUSSION GUIDE

Slips, Trips, and Falls

In advance of delivering your safety talk, use the OH&S Risk Mapping Tool to identify where slip, trip, fall hazards exist in your workplace.

Slips, trips and falls affect every workplace and are a significant contributor to workplace injuries and lost time. Did you know that Nova Scotia had 3,632 slip, trip and fall claims last year?

See a hazard?

Take steps to help stop a slip or fall before it happens



Here are the definitions of slips, trips and falls:

Slips

Slips occur when there is a loss of footing due to incomplete contact between the foot and the ground (e.g. stepping on a stone or piece of garbage), or from loss of traction resulting from insufficient friction between the foot and the surface (e.g. water on a tile floor).

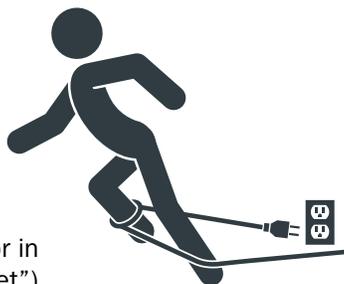


Did you know?

- Good traction helps prevent slips.
- Safety footwear manufacturers develop soles for maximum grip, suited for specific working environments.
- Look for the appropriate safety symbols that match footwear to the occupation.

Trips

Tripping is a loss of balance that occurs when the normal walking motion is interrupted. This can be caused by a walkway obstruction (e.g. an extension cord, open bottom drawer, pothole) or an accidental error in stride (e.g. "tripping over your own feet").



Did you know?

It doesn't take much to trip you up! When we walk, our toes don't clear the ground by much – on average only 14 mm (1/2").

To protect 90% of the population, changes in elevation for a walking surface should be less than or equal to 6 mm (1/4").

Falls

Falls occur when a loss of balance from a slip or trip is not overcome, resulting in the body impacting the ground or floor.



Did you know?

An unrestrained adult fall from standing has been shown to produce **12x's more force** than what is required to produce a simple skull fracture.

Ask the group:

What hazards do you see in the workplace that could result in a slip, trip or fall injury?

Capture this information to ensure there are controls in place to address the hazards.

How many slip, trip and fall injuries have we reported in the past year?

Have this information prepared prior to delivering this talk.

Where do you think these injuries are occurring?

Capture this information from your employees by recording it and sharing with the appropriate people (maintenance, supervisors, JOHSC, etc.).

What can/has been done to address these hazards?

Capture this information and ensure it is shared with the appropriate people/departments.

By working together to identify the hazards and putting proper control measures in place we can reduce the number of slip, trip and fall injuries in our workplace. Do your part so everyone can go home safely at the end of the day to what matters most.

For more information, please go to <http://www.worksafeforlife.ca/Home/Safety-Initiatives/Slips-Falls>