> Prevention of Slips, Trips and Falls

Why is prevention of slips, trips and falls important?
How do falls happen?
How to prevent falls due to slips and trips?
What can you do to avoid falling at work?

Why is prevention of slips, trips and falls important?

In Canada over 42,000 workers get injured annually due to fall accidents. This number represents about 17% of the "time-loss injuries" that were accepted by workers' compensation boards or commissions across Canada (based on statistics from Association of Workers' Compensation Boards of Canada, 2011).

How do falls happen?

Statistics show that the majority (66%) of falls happen on the same level resulting from slips and trips. The remaining 34% are falls from a height. This document will summarize information on "falls on the same level" (slips and trips). Falls from an elevation, such as falls from ladders, roofs, down stairs or from jumping to a lower level, etc., is discussed in the Safety Belts, Harnesses, and Lanyards document since each type of fall requires different features in a fall prevention program.

Slips

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

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

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
- wrinkled carpeting
- uncovered cables
- bottom drawers not being closed
- uneven (steps, thresholds) walking surfaces