

Safety Tips on Avoiding Falls from Slips and Trips

In Canada, over 15% of all workplace injuries are falls from slipping or tripping. These injuries not only cause personal loss, pain, and suffering but at times, even death. The good news is that many can be avoided. Common causes of slips are: wet/oily surfaces, spills, weather hazards, loose rugs or mats, and changes in floor surfaces. Common causes of trips are: obstructed view, poor lighting, clutter, wrinkled carpeting, uncovered cables, bottom drawers left open, and uneven walking surfaces. To avoid slips and trips, follow these few suggestions:

- keep your work area clean and tidy
- have good floor conditions with even surfaces
- take your time and pay attention to your surroundings
- select proper footwear for your work condition

You are part of prevention. Make safety an important part of your life. When we forget simple safety practices and allow other things to take priority, then someone will likely get hurt. For more safety information, contact the Occupational Health and Safety Manager, Gail Sinclair at 541-3036 or email: gsinclair@ssrsb.ca