



Task Title: Preventing Falls in the Workplace Infographic

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☒ Apprenticeship ☒

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description:

Use the Preventing Falls in the Workplace infographic to answer questions about trip hazards.

Main Competency/Task Group/Level Indicator:

- Find and Use information/Interpret documents/A2.2

Materials Required:

- Pen/pencil and paper and/or digital device

Learner Information

Slips and falls contribute to a lot of worker injuries and deaths. Preventing these injuries is critical to maintaining a safe workplace. Scan the Preventing Falls from Slips and Trips infographic.

PREVENTING FALLS*



SLIPS and TRIPS

from

ONE STEP AT A TIME

That's approximately **28,353** slips and trips annually

* Falls that occur on the same level

About **12%** of all accepted injury claims are from a slip or trip.

PRACTICE

good housekeeping:



CLEAN up all spills and debris immediately



MARK or **IDENTIFY** spills and wet areas



KEEP walkways clear of clutter and other obstacles




CLOSE file cabinets and storage drawers immediately



COVER or **TAPE** down cords or cables

SELECT and WEAR proper footwear:



MATCH your footwear to all the hazards of your job




KEEP shoes in good repair, clean and free from contaminants

To PREVENT falls:

- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

Statistical source: Association of Workers' Compensation Boards of Canada, Injury Statistics Across Canada, 2015

5 WAYS to REDUCE the RISK of Slipping Tripping

 <p>SLOW down and pay attention to where you are going</p>	 <p>KEEP walking areas clear from clutter or obstructions</p>
 <p>PLACE each foot firmly and flat on the floor</p>	 <p>KEEP flooring in good condition</p>
 <p>ADJUST your stride to be suitable for the walking surface and the task</p>	 <p>USE installed light sources that provide sufficient light for your tasks</p>
 <p>WALK with your feet pointed slightly outward</p>	 <p>USE a flashlight if you enter a dark room</p>
 <p>MAKE wide turns at corners</p>	 <p>DO NOT LET objects you are carrying or pushing block your view</p>

Common CAUSES

Slips



- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

Trips




- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

Employers should make sure the health and safety program includes slips and trips prevention:



CONDUCT regular inspections



IDENTIFY high-risk areas such as stairs, entrances, and high-traffic areas



TRAIN managers, supervisors and workers



Canadian Centre for Occupational Health and Safety

Work Sheet

Task 1: How many annual slips and trips are there in Canada?

Answer:

Task 2: List 3 good housekeeping practices to avoid trips and slips.

Answer:

Task 3: List 3 ways to reduce the risk of slipping.

Answer:

Task 4: List 3 ways to reduce the risk of tripping.

Answer:

Task 5: What are the common causes of slips?

Answer:

Task 6: What are the common causes of trips?

Answer:
