

Eliminating Trip Hazards

Many fall injuries occur on level ground when people trip over unexpected objects in their path. Help eliminate trip hazards by following these do's and don'ts.

Do:

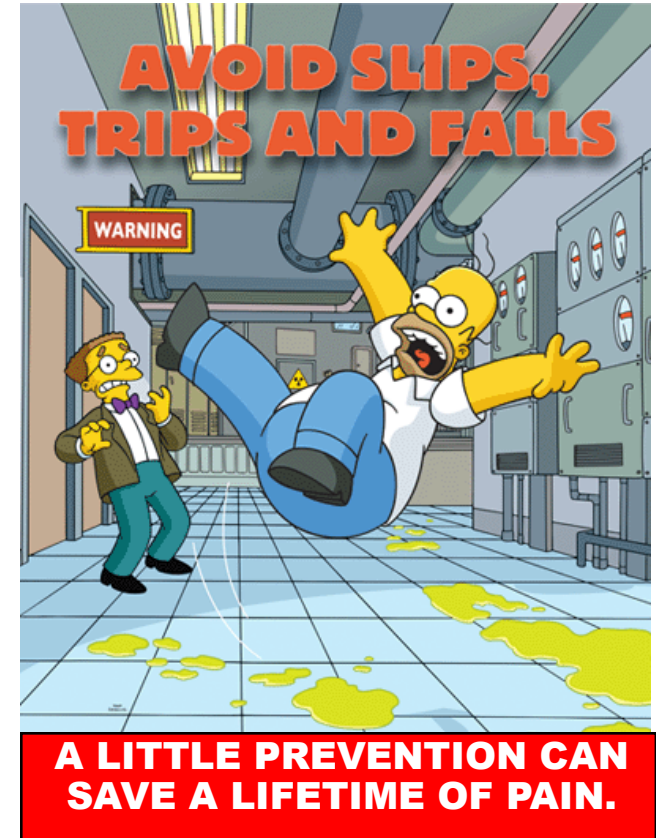
- Keep work areas neat and tidy, putting tools, materials, and other items away after use, not at the end of your shift.
- Roll up your cords or cables immediately after you use them, not at the end of your shift.
- Walk around obstructions, not on or over them.
- Walk slowly and change directions slowly, especially when carrying a load.
- Watch for changes in floor level—such as a few steps or a ramp up or down.
- Report lighting problems, such as burned-out bulbs, to your supervisor right away.
- Report uneven, defective flooring to your supervisor.
- Pick up items from the floor even if you didn't put them there.

Don't:

- Don't leave cords or cables across walkways.
- Don't block walkways with equipment, or materials.
- Don't leave boxes, bags, tools, or other materials on the floor.
- Don't leave your tools and equipment on the floor when you go on your break.



Slips and Trips Cause Serious Injuries!



If you See a Slip or Trip Hazard

Sort It Or Report It!

Potential Injuries

You don't have to fall from a great height to get injured. Many workplace fall injuries occur on level ground when employees trip over unexpected objects in their path.

Slips, trips and falls account for 20% of minor injuries in workplaces, such as sprains and strains (also known as musculoskeletal disorders), as well as cuts, bruises, fractures and dislocations.

However, they can also cause very serious injuries, mostly to the ankle, knee or back, leaving employees with long-term problems, which can significantly affect their quality of life.

Falls from relatively low heights have been known to leave employees with brain damage and in a few cases have resulted in death.

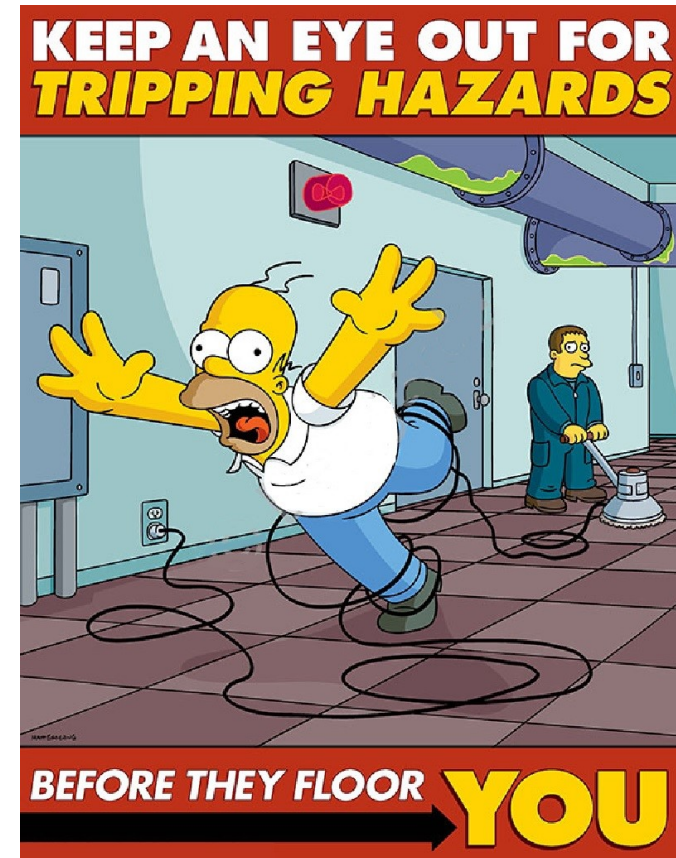
Don't Slip Up on Slip Hazards

It's easy to slip on wet or smooth surfaces, and down you go. Even a little slip can add up to a big injury. Here are some preventive measures:

- Clean up spills, drips, and leaks immediately.
- Put up signs or barriers to warn people when floors are wet or hazardous.
- Wipe your shoes when you come inside on wet days.
- Shuffle feet on slippery surfaces.
- Report slip hazards if you can't fix them.



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**1 in 4 Accidents
Are Caused by
Slips and Trips!**

Why is prevention of slips & trips 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.