

# Slips, Trips, and Falls

**Slips, trips, and falls** remain a major cause of injury in the workplace. Risk is higher from autumn to spring, with most incidents occurring in winter. During winter months, WSCC manages an average of one claim per day. At least one incident during each winter month is due to a slip, trip, or fall, resulting in major time loss from work.

Reduce risk of injury by using proper footwear, pay attention to your surroundings, and maintain good housekeeping practices. Take your time, and make sure you have enough light to see what you are doing and where you are going.

**Slips** happen when you don't have enough friction between your feet (with or without shoes) and the surfaces you walk on.

### WHAT CAN CAUSE SLIPS?

- Wet, oily, or otherwise contaminated walkways
- Floor surfaces in disrepair
- Loose or unanchored mats or rugs
- Spills
- Weather hazards (such as ice, rain, or snow)
- Lack of employee training
- Inappropriate footwear, including shoes with worn soles
- Travelling/moving from a dry surface to a wet surface



### TO PREVENT SLIPS

- Don't rush – take your time.
- Take shorter strides; point your feet slightly outwards to improve balance.
- Wear proper-fitting, appropriate footwear for your work.
- Immediately clean all spills.
- When using mats, keep them from moving with pressure-sensitive adhesive.
- Keep one hand free to balance or break a fall.
- Paint smooth floors with sand set in the mixture.
- Practice good housekeeping.
- Use ice cleats outdoors in slippery conditions.

