

Date: \_\_\_\_\_

Supervisor/Department: \_\_\_\_\_

# Slips, Trips, and Falls

Every year, workers are injured on the job from slips, trips, and falls. This can result in a minor injury like a sprain, strain, or bruise but it can also be more serious like a head injury. Preventative measures are crucial.

**Slips** happen when there's insufficient grip or traction between footwear and the walking surface.

**Trips** happen when a loss of balance occurs when a foot collides with an object or a misstep.

**Falls** are a direct result of a loss of footing or contact with the ground.

Here are some suggestions on how to stay safe when working around slip, trip and fall hazards.



## Common slips, trips and falls and preventative measures:



### Housekeeping

- ✗ Construction crews leave debris as they work, creating tripping hazards.
- ✓ Practice good housekeeping. Pick up trash and clutter and put things away after using them. Keep walkways and exits clear.

[WorksafeBC Regulations 4.39, 4.41](#)



### Lighting

- ✗ Shooting areas can be dark, making it hard to see tripping hazards.
- ✓ Make sure there is adequate lighting throughout all work areas.

[WorksafeBC Regulation 4.65 \(1\)](#)



### Clutter

- ✗ Gears and equipments can be a tripping hazard.
- ✓ Ensure fire lanes, walkways or exits remain accessible and clear.

[WorksafeBC Regulation 4.39](#)



### Walking Surface

- ✗ Uneven walking surface, even ½ inch can be a tripping hazard.
- ✓ Watch out for floors that are uneven.

Date: \_\_\_\_\_

Supervisor/Department: \_\_\_\_\_



**Cords and Cables**

- ✗ Cords and cables placed in working areas can be a tripping hazard.
- ✓ Cover cables and or cords with cable mats, carpets, or brightly colored tape.

[WorksafeBC Regulation 4.39](#)



**Snow and Ice**

- ✗ Snow, Ice can be a slip, trip and fall hazard.
- ✓ Clear snow and ice. Use de-icer to help keep walkways clear.
- ✓ Choose footwear with good traction. Spikes or studs that grip the ice will provide better traction.
- ✓ Keep entrance ways clear of water from melting snow and put-up caution signs.

[WorksafeBC Regulation 4.1](#)



**Footwear**

- ✗ Footwear without proper or worn-out grip can cause a worker to slip and fall.
- ✓ Choose proper footwear for the task and conditions.

[WorksafeBC Regulation 8.2 \(1\)](#)

*Actsafe's Toolbox Talks are intended as an informational resource for employers and supervisors to use to deliver a safety talk on a specific subject. A toolbox talk can be an effective way of refreshing workers' knowledge of safe work procedures and sharing information from more experienced workers.*

*It's important to document your assessments on paper, and review them on a regular basis. If the requirements of a scene change, you may need to do a re-assessment.*

**Attendees (attach Sign-in Sheet if needed):**

| Name  | Initials | Name  | Initials |
|-------|----------|-------|----------|
| _____ | _____    | _____ | _____    |
| _____ | _____    | _____ | _____    |
| _____ | _____    | _____ | _____    |
| _____ | _____    | _____ | _____    |
| _____ | _____    | _____ | _____    |
| _____ | _____    | _____ | _____    |