

Slips, trips and falls are the leading cause of workplace accidents, especially in the winter. Most often we rush from our cars into the buildings, trying to avoid the cold, hopping over barriers, slipping on ice, snow or water, or tripping on curled mats or rugs. Slips, trips and falls can result in bruises, cuts, muscle strains and sprains, broken bones, concussions or worse.



# PREVENTING WINTER SLIPS, TRIPS AND FALLS

## CAUSES OF WINTER SLIPS, TRIPS AND FALLS:

### Environmental and Outdoor Conditions

- Snow, ice or freezing rain
- Poor outdoor lighting
- Poor overall visibility
- Unsalted or not sanded walkways

### Housekeeping Issues

- Wet, oily or dirty surfaces (especially in entrances)
- Extra boots or other objects on the floor where people are walking

### Employee Behaviour

- Rushing, running or taking short-cuts
- Carrying something that blocks their view
- Failing to clean up spills or other hazards

### Condition of Floors and Stairways

- Loose floor coverings such as mats or rugs
- Uneven floors, steps or doorsteps
- Slippery surfaces
- Stairs that are uneven, in poor repair or have no handrail

## PREVENTION

- Salt or sand and shovel driveways, walkways and parking areas
- Maintain doorways and walkways (ensure there is no damage and doors close properly)
- Take extra caution in conditions where visibility is poor
- Practice good housekeeping
- Keep walkways, aisles and stairs clear
- Install secure handrails on stairs
- Maintain floors and floor coverings
- Use slip-resistant flooring
- Keep outdoor surfaces in good repair
- Train workers on safe operating procedures related to slips, trips and falls and demonstrate good behaviour
- Take plenty of time to get to work and don't rush from the vehicle to the building
- Don't take short-cuts over barriers in parking lots
- Wear appropriate footwear
- Have two sets of footwear – one for indoors and one for outdoors
- Report hazards to your supervisor