



Preventing Slips, Trips and Falls

Don't Slip Up - Pay Attention to the Hazards!

- The impact of a slip or fall can be underestimated. Slips, trips and falls have amounted to nearly 15 percent of all Alberta work place lost time incidents.
- Serious injury can result from a seemingly minor hazard. Injuries, including bruising, fractures and ankle or wrist sprains, may have long term consequences.
- Be aware of hazards such as ice or snow covered work areas, cluttered environments, wet floors, uneven ground, and spills.

Tips to Reduce Risk for Injury

Wear Appropriate Footwear

Choose proper fitting footwear with an out-sole that is suited to your work environment. Anti-slip devices may provide additional grip on ice. Remember to properly lace and tie your shoes.



Slow Down!

A slower pace is more controlled, ensuring your centre of gravity remains over your feet. Turn your feet slightly outward and take shorter steps for additional balance.



Keep Work Area Clutter-Free

Keep tools and supplies off the ground and remove clutter from the environment. Be aware of obstacles, uneven ground, wear and tear, and spills. Report hazardous conditions to your supervisor.



3 Point Contact

Climb in and out of your vehicle using all steps or ladder rungs. Maintain contact with both hands or feet and avoid jumping which can place up to 7.5 times body weight on the spine! Inspect the ground before stepping out.

