






Slips, trips, and falls are one of the most common causes of workplace injuries in the Community Social Services (CSS) sector. They can lead to anything from minor bruises and strains to serious injuries like fractures or head injuries. The good news is that most slip, trip, and fall incidents are preventable by slowing down, staying aware of your surroundings, and taking simple actions to keep work areas safe.

Slips happen when there isn't enough grip between footwear and the walking surface. Trips happen when something catches your foot or you miss a step. Falls can happen when a slip or trip throws you off balance.

What Can We Do to Prevent Slips, Trips, and Falls?

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| <p>Walking Surfaces </p> <ul style="list-style-type: none"> • Watch for uneven flooring, damaged tiles, loose mats, or changes in floor level. • Report damaged or uneven surfaces as soon as you notice them. • Use extra caution when moving between different surface types. | <p>Items Left in Walkways</p> <ul style="list-style-type: none"> • Remove equipment, carts, and supplies from walkways as soon as work is complete. • Keep fire lanes, exits, and access routes clear and unobstructed. • Avoid placing items temporarily in walkways "just for a moment." | <p>Cords and Cables </p> <ul style="list-style-type: none"> • Route cords and cables away from walkways whenever possible. • Secure cords using cable covers or mats if they must cross a walking area. • Coil and store cords properly when they are not in use. | <p>Take Your Time </p> <ul style="list-style-type: none"> • Avoid rushing, especially on stairs or in busy areas. • Watch where you're walking and avoid distractions like phones. • Use handrails when available. |
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| <p>Footwear </p> <ul style="list-style-type: none"> • Wear footwear that is appropriate for your job, the surface you're working on, and the weather conditions. • Replace shoes when soles are worn or no longer provide good traction. • Use slip-resistant footwear when working in areas that may be wet or uneven. | <p>Housekeeping </p> <ul style="list-style-type: none"> • Clear garbage, tools, and materials right away to prevent them from becoming tripping hazards. • Store tools and materials properly after use. • Keep walkways, exits, and stairs clear at all times. | <p>Lighting </p> <ul style="list-style-type: none"> • Turn on lights before entering work areas, stairwells, or storage rooms. • Report burned-out bulbs or poorly lit areas. • Use extra caution in areas with temporary or low lighting. |
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