



## 1 MEETING OBJECTIVES:

The primary objectives of Safety Talk 2: Slips, Trips, & Falls are:

1. Increase knowledge and awareness of slips, trips, and falls safety.
2. Spark innovative conversations and ideas for preventing these incidents in the workplace.
3. Encourage open communication and the expression of concerns within the group.
4. Develop a plan to explore and investigate ideas and concerns raised.

## 2 SAFETY TALK:

Take 5 minutes to review Safety Talk 2: Slips, Trips, & Falls on the next page. Your team may choose to each read the Safety Talk individually or take turns reading out loud.

## 3 KNOWLEDGE CHECK:

As a team, spend a couple minutes completing this knowledge check:

- What are common causes of slips, trips, and falls?
- Can you name three preventive measures for these slips, trips, and falls?
- How can we implement these measures in our workplace?

## 4 GROUP DISCUSSION:

Take a few minutes to share with your team your thoughts, experiences, and innovative ideas related to slips, trips, and falls. Questions to guide the discussion can include:

- Have you witnessed or experienced a slip, trip, or fall incident in our workplace?
- How can we further promote awareness of these hazards within our teams?
- Are there any additional safety measures we should consider?

## 5 CONCLUSION & POST-MEETING FOLLOW-UP:

The supervisor will be responsible for investigating any raised occupational health, safety, and/or wellness innovations, issues, or concerns as well as establishing a timeline for follow-up and reporting back to the group.

To learn more about this topic, the following documents on CKCentral can be reviewed:

1. HS - 018 Ladder Safety
2. Infogram 014 - Fall Prevention

# SLIPS, TRIPS, & FALLS

## Section 1: Understanding Slips, Trips, and Falls

Workplace accidents involving slips, trips, and falls pose significant risks to workers, potentially resulting in sprains, strains, cuts, bruises, fractures, or even fatalities. **Slips** happen when there is insufficient traction between the walking surface and footwear, causing a loss of balance. **Trips** occur when an individual's foot collides with an object or encounters an uneven surface at a lower level, causing them to lose their footing. **Falls** can occur when a person loses their balance and falls from a significant height or distance away from their center of balance.

### Common causes of slips, trips, and falls include:

- Wet or oily surfaces, including spills.
- Weather hazards.
- Loose mats, rugs, or carpets.
- Poor lighting.
- Obstructed view.
- Uncovered cables.
- Obstacles or debris in walkways.
- Rushing or not paying attention to surroundings.
- Failure to follow safety protocols and procedures.



## Section 2: Preventing Slips, Trips, & Falls

### Good Housekeeping:

- Keep floors free of obstacles, clutter, and cords. Store cables in protective covers.
- Close drawers when not in use.
- Regularly sweep clutter/debris.
- Check for uneven flooring, holes, and other damages. Report concerns to a supervisor.

### Adequate Lighting:

- Make sure there's adequate lighting on walkways, stairs, halls, ramps, and exits.
- Report malfunctioning lights to a supervisor.

### Spill Cleanup and Safety Signs:

- Clean spills or slippery areas right away and/or promptly report issues to a supervisor.
- Alert workers of slip/trip hazards with a warning sign such as a "Wet Floor" sign.

### Move with Caution:

- Walk slowly, cautiously, and take short steps.
- Wear non-slip footwear and avoid sandals, open-toe shoes, and high heels in uneven/slippery areas.
- Use handrails or supports for stability, if available, especially when using stairs.

## Section 3: Ladder Safety Precautions

- Choose the right ladder for the job, whether it's a straight ladder, step ladder, extension ladder, platform ladder, or multipurpose ladder.
- Inspect the ladder before each use. Do not use any damaged or broken ladder.
- Report any defects to a supervisor.
- Place ladders on a firm, level surface and maintain proper footing and balance.
- Ensure proper footwear is being worn, is clean, and is in good condition.
- Always maintain three-point contact by keeping two hands and one foot, or two feet and one hand on a ladder.
- Grasp the rungs, not the side rails.
- Climb and descend at a smooth pace.
- Do not overreach; maintain the center of your body while on the ladder.
- Never overload the ladder.
- Do not leave a ladder unattended.
- Do not use a ladder for anything other than its intended use.
- Rest frequently to avoid fatigue.

