



Slips, trips, and falls

On average, about 11,000 workers are injured each year in B.C. due to slips, trips, and falls in the workplace.

Slips happen when you don't have enough traction between your footwear and the walking surface.

Common causes of slips include:

- Frost or snow
- Visible or black ice
- Oil, water, or other liquids
- Spills of any kind
- Mud
- Smooth, cold surfaces (e.g., metal stairs)
- Loose surfaces (e.g., gravel)

Trips happen when your foot hits something and you lose your balance. Factors that can contribute to trips include:

- Uneven surfaces
- Objects in the way
- Obstructed views
- Poor lighting

Falls are often caused by slips and trips. These types of falls account for 60 percent of fall accidents in Canada, and the resulting injuries can be serious.

Reducing the risk

Employers play an important role in reducing the risk of slips, trips, and falls. Employers need to do the following:

- Identify slip and trip hazards and ensure they are fixed. For example, floors, ramps, stairs, and walkways must be kept in good condition and free of hazards.
- Put in place standards for footwear and housekeeping.



- Provide sufficient lighting for workplace tasks. This could include scheduling outdoor work for daylight hours.
- Educate and train workers in slip and trip prevention.

Workers also have a part to play in reducing the risk. As a worker, you should:

- Wear proper footwear. Be aware that not all "safety" footwear is slip resistant.
- Keep walking areas clear of clutter and other obstructions. Tidy up cables and ensure they don't cross walkways unless cable covers are used.
- Clean up spills immediately.
- Use a flashlight when entering dark areas.
- Walk, don't run. Pay attention to where you are going.
- Carry out housekeeping regularly, not just at the end of each shift.

Contact BC Crane Safety to order a detailed infoflip on preventing slips, trips, and falls.

OHS Regulation references: sections 4.33, 4.39, 4.41, and 8.23

Project:

Address:

Employer:

Supervisor:

Date:

Time:

Shift:

Number in crew:

Number attending:

Other safety concerns or suggestions:

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Record of those attending:

Name: (please print)	Signature:	Company:
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Manager's remarks:

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Manager:

(Signature)

Supervisor:

(Signature)

For more information on health and safety requirements for crane operations in B.C., refer to the *Workers Compensation Act* and the OHS Regulation on worksafebc.com.