



Slips, Trips, and Falls

Town of: _____

Reviewer: _____

Workers
Signatures: _____

TOOLBOX TALK

DATE:

Slips, trips and falls are one of the leading causes of injury in the workplace today. Thousands of disabling injuries and even deaths occur each year resulting from slips, trips and falls.

The reoccurrence of accidents can be avoided through proper safety knowledge and a good attitude. Always practice safety and don't learn it through experience.

Slips can be caused by wet surfaces or spills, they are more likely to occur when you run or hurry.

Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. You can trip over things such as un-used materials, extension cords, trash.

Falls are the worst from elevated surfaces like ladders or scaffolds. Always follow the proper safe work procedure outlines for each task

Pay attention to your movement and surroundings:

- Focus on where you're going, what you're doing and what lies ahead
- Wear sturdy shoes with non-skid soles and no heels
- Walk, don't run
- Keep your hands at your sides and out of your pocket
- Don't carry loads you can't see over
- Walk slowly on slippery surfaces
- Sit in chairs with all 4 legs on the floor
- Watch out for floors that are uneven or have holes



Municipal Safety Council
NEWFOUNDLAND AND LABRADOR

Tips

- Use handrails or grab bars when you are in areas of elevation (stairs)
- In wet/icy conditions take smaller steps and try to make sure your torso stays balanced over your feet
- Stay alert to parts projecting from machines or equipment
- Remove obstructions from travel areas such as extension cords, hoses, boxes, and tools
- Use slip-resistant mats in areas that may become wet