

Tuesday, May 2, 2023

# Safety and Health Week – Day 2: Slips, Trips and Falls

Today's topic is Slips, Trips and Falls.

*Welcome to Safety and Health week! All week long, Occupational Health and Safety Services will be posting health and safety information in the Communique. Be sure to keep an eye on these posts, as there will be a chance to win some prizes at the end of the week.*

[Slips, trips and falls](#) are a leading cause of workplace injuries in Ontario and can result in a great deal of pain and suffering. However, if we all pitch in, we can minimize the risk and make our workplace safer.

## **What are some common types of hazards to watch for?**

- Slippery surfaces caused by spills.
- Weather related hazards (e.g., snow/ice/wet surfaces) in parking lots and walkways.
- Floor mats that are loose or have upturned edges.
- Cords and cables running across walkways or other routes of travel.
- Tools, equipment or debris left on the floor.
- An uneven, or sudden change in floor surface.
- Poor lighting.

## **What should you do if you see a slip, trip or fall hazard?**

- Report hazards specific to your work area to your supervisor. Remove the hazard if you are able to do so safely.
- Report building or grounds-related hazards to Facilities Management: call x4444 or use the Archibus work order system (Go to <https://humber.ca/facilities> and click on "Place Service Request" to complete and submit a work order).
- After hours, call Public Safety: 416-675-8500.

## **What else can you do to prevent slips, trips and falls?**

- Select footwear that is appropriate for your work activities and environment.
- Don't rush; adjust your pace to suit the walking surface.
- When carrying objects, ensure that they do not block your view.
- Keep walkways and floors clear of boxes, extension cords, and litter.
- Clean up spills right away.
- Use the handrail on stairs.
- Put away your phone. Stay alert!