



Task Title: Preventing Falls in the Workplace Infographic

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes No

Goal Path: Employment Apprenticeship

Secondary School Post Secondary Independence

Task Description:

Use the Preventing Falls in the Workplace infographic to answer questions about trip hazards.

Main Competency/Task Group/Level Indicator:

- Find and Use information/Interpret documents/A2.2

Materials Required:

- Pen/pencil and paper and/or digital device

Learner Information

Slips and falls contribute to a lot of worker injuries and deaths. Preventing these injuries is critical to maintaining a safe workplace. Scan the Preventing Falls from Slips and Trips infographic.

PREVENTING FALLS*

from **SLIPS and TRIPS**

ONE STEP AT A TIME

That's approximately **28,353** slips and trips annually

About **12%** of all accepted injury claims are from a slip or trip.

To PREVENT falls:

- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

PRACTICE good housekeeping:



CLEAN up all spills and debris immediately



MARK or **IDENTIFY** spills and wet areas



KEEP walkways clear of clutter and other obstacles



CLOSE file cabinets and storage drawers immediately



COVER or **TAPE** down cords or cables

SELECT and WEAR proper footwear:



MATCH your footwear to all the hazards of your job



KEEP shoes in good repair, clean and free from contaminants

Statistical source: Association of Workers' Compensation Boards of Canada, Injury Statistics Across Canada, 2015

5 WAYS to REDUCE the RISK of Slipping or Tripping

| | |
|--|--|
|  <p>SLOW down and pay attention to where you are going</p> |  <p>KEEP walking areas clear from clutter or obstructions</p> |
|  <p>PLACE each foot firmly and flat on the floor</p> |  <p>KEEP flooring in good condition</p> |
|  <p>ADJUST your stride to be suitable for the walking surface and the task</p> |  <p>USE installed light sources that provide sufficient light for your tasks</p> |
|  <p>WALK with your feet pointed slightly outward</p> |  <p>USE a flashlight if you enter a dark room</p> |
|  <p>MAKE wide turns at corners</p> |  <p>DO NOT LET objects you are carrying or pushing block your view</p> |

Common CAUSES

Slips

- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

Trips

- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

Employers should make sure the health and safety program includes slips and trips prevention:



CONDUCT regular inspections



IDENTIFY high-risk areas such as stairs, entrances, and high-traffic areas



TRAIN managers, supervisors and workers



Canadian Centre for Occupational Health and Safety

Work Sheet

Task 1: How many annual slips and trips are there in Canada?

Answer:

Task 2: List 3 good housekeeping practices to avoid trips and slips.

Answer:

Task 3: List 3 ways to reduce the risk of slipping.

Answer:

Task 4: List 3 ways to reduce the risk of tripping.

Answer:

Task 5: What are the common causes of slips?

Answer:

Task 6: What are the common causes of trips?

Answer:

Answers

Task 1: How many annual slips and trips are there in Canada?

Answer: 28,353

Task 2: List 3 good housekeeping practices to avoid trips and slips.

Answer: Any 3 of the following:

- Clean up spills and debris immediately
- Mark or identify spills and wet areas
- Keep walkways clear of clutter and other obstacles
- Close file cabinets and storage drawers immediately
- Cover or tape down cords of cables
- Select and wear proper footwear – match your footwear to all hazards of your job and keep shoes in good pair, clean free from contaminants

Task 3: List 3 ways to reduce the risk of slipping.

Answer: Any 3 of the following:

- Slow down and pay attention to where you are going
- Place each foot firmly and flat on the floor
- Adjust your stride to be suitable for the walking surface and the task
- Make wide turns at corners
- Walk with your feet pointed slightly outward

Task 4: List 3 ways to reduce the risk of tripping.

Answer: Any 3 of the following:

- Keep walking areas clear from clutter or obstructions
- Keep flooring in good condition
- Use installed light sources that provide sufficient light for your tasks
- Use a flashlight if you enter a dark room
- Do not let objects you are carrying or pushing block your view

Task 5: What are the common causes of slips?

Answer:

- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

Task 6: What are the common causes of trips?

Answer:

- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

Performance Descriptors

| Levels | Performance Descriptors | Needs Work | Completes task with support from practitioner | Completes task independently |
|--------|--|------------|---|------------------------------|
| A2.2 | Performs limited searches using one or two search criteria | | | |
| A2.2 | Uses layout to locate information | | | |
| A2.2 | Makes low-level inferences | | | |
| A2.2 | Makes connections between parts of documents | | | |

This task: Was successfully completed Needs to be tried again

Learner Comments:

Instructor (print):

Learner (print):
