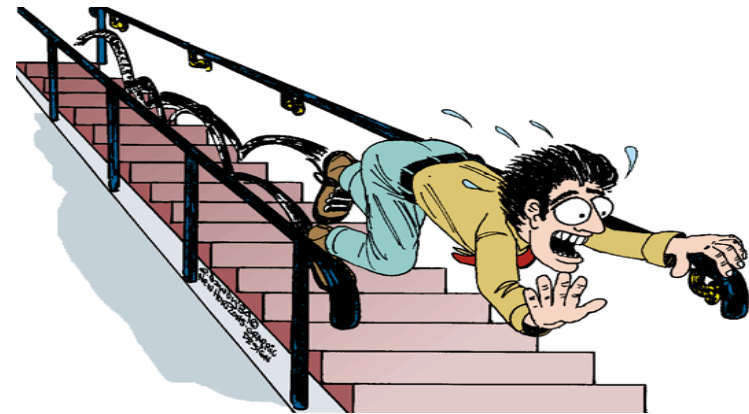




SLIPS, TRIPS AND FALLS



Environmental & Occupational Health Support Services
(EOHSS)
Human Resources Services



Overview

- Why discuss Slips, Trips and Falls
- What are Slips, Trips and Falls
- Where and why they occur
- Prevention
- Ladder Safety
- Human Factors
- Summary/Resources





Why discuss Slips, Trips and Falls (STF)?

- You take hundreds of steps every day, but how many of those steps do you take seriously?
- By taking a few minutes to understand how slips, trips, and falls (STF) happen, you can prevent needless and painful injuries





SLIPS

- Too little friction or traction between footwear and walking surface
- Transition between flooring types (carpet to tile)
- Spills (water, oil, chemicals, food)
- Weather (rain, snow, ice)
- Loose, unanchored rugs





TRIPS

- **Damaged steps or misplaced items are major factors in trips**
- **Uneven flooring**
- **Obstructions (equipment, cables)**
- **Clutter**





FALLS

- **Two types: SAME LEVEL or FROM HEIGHT**
- Eliminate the hazard when possible (i.e. broken chair, unstable ladder, etc...)
- Eliminate the unsafe behaviour or attitude





Statistics

- **Every year in Ontario:**
 - about 17,000 lost-time injuries due to falls in the workplace
 - about 20 people die of workplace falls
- **Falls from the same level occur most frequently, accounting for 65% of WSIB fall claims**
- **80 Ontario workers are injured every day because of a fall--- that's 1 every 20 minutes!**
- **Falls are the leading cause of non-fatal injuries for people ages 25+ and account for more than 26% of injury-related visits to the emergency department**
(National Safety Council)



At McMaster....

- Leading cause of injury - STF are the second most common type of lost time injury in the public sector
- 60% of STF incidents are due to debris on ground (spills/ice/snow, etc)
- Majority occur on paths and sidewalks (followed by stairwells and steps).

Remember to stay on designated pathways!



Causes of STF

PHYSICAL FACTORS

- Poor housekeeping
- Poor maintenance
- Lack of rules/procedures



HUMAN FACTORS

- Rushing
- Frustration
- Fatigue
- Complacency



Responsibilities

EMPLOYER/SUPERVISOR

- Provide training
- Develop and enforce policies and procedures
- Properly maintain worksite
- Good housekeeping
- Develop and continue enhance safety culture

EMPLOYEE

- Actively participate in training
- Follow policies/procedures
- Report all maintenance issues and hazards
- Follow housekeeping requirements
- Participate in safety culture



Eliminating Physical Hazards

- Fix or report maintenance and housekeeping issues
- Clean up spills and put up wet floor signs immediately
- Secure carpets, rugs and cords
- Eliminate clutter
- Repair damaged or hazardous steps/paths
- Report hazards immediately





RMM# 312: Foot Protection Program

- To reduce the potential for foot injury and risk of slipping
- To provide guidance for the selection of protective footwear
- Faculty, Staff, Students and Volunteers shall wear protective footwear prescribed by the supervisor as being appropriate for the involved tasks
- Close-toed shoes shall be the minimum standard for foot protection wherever there is a potential for foot injury in the workplace
- Only CSA approved protective footwear will be used on campus when such footwear is deemed necessary
- Appendix B: Types of Foot Hazards and Required Protection



Effective Housekeeping

Housekeeping Checklist

Look for:

- Slippery, uneven or unstable surfaces
- Spills of wet or dry substances
- Unsecured mats, tiles, carpets
- Trailing cables, cords, wiring in pedestrian areas
- Seasonal hazards (snow, ice, rain)
- Debris, storage in pedestrian areas
- Smoke, steam, or dust obscuring view
- Poor lighting
- Unsuitable footwear
- Projecting equipment, furniture or storage items
- Reporting procedures posted/enforced
- Warning signs posted/barriers erected





Reducing STF - Office Safety

- Ensure electrical and computer cords, bags and purse straps are covered or out of the way of pedestrians
- Mats must be tacked or taped down
- Use appropriate ladders or step stools to reach high items, do not stand on tables or chairs
- Ensure drawers are kept closed
- Clean up spills and wet floors
- Keep isles and walkways clear of clutter or obstructions





LADDER SAFETY

- Select the right ladder for the job
- Inspect ladder before you use it
- Setup the ladder with care
- Climb and descend ladders cautiously (3-point contact)
- Use safe practices when working on a ladder
- Attend Ladder Safety Training



Eliminating Human Factors

- Understand and follow the rules:
 - Wear appropriate footwear,
 - Know how to clean up spill,
 - Know how to use a ladder,
 - Know how to use fall protection, etc
- Be aware of fall hazards – *fix or report to Supervisor immediately*
- Practice good judgment – don't lean back in chairs, or climb on shelving or tables
- Take the time needed to do the job properly – Do NOT take shortcuts
- Pay attention - focus on the task at hand





Habits to Reduce STF

- Walk at appropriate speeds
- Test footing before committing weight
- Use railings on stairs
- 3-point contact on ladders and equipment
- Reduce over-striding when walking
- Wear appropriate footwear
- Walk on designated pathways
- Keep eyes and mind on task





McMaster - Reporting Hazards

Immediately report the hazard to the supervisor

Hazards found in the stairs, hallways, roads, parking lots contact Facility Services at ext. 24740

Snow removal of pathways, sidewalks, roads, parking lots contact Facility Services at ext. 24740

Emergency on campus, dial 88 from campus phone or 905-522-4135, if located in FHS: 5555, off-campus: 911

Injury/Incident Report Form

<http://www.workingatmcmaster.ca/med/document/injury-incident-report-fillable-1-36.pdf>



Questions?

Contact EOHSS:

Ext. 24352

ehss@mcmaster.ca

