

Don't trip into winter

Tips and Tricks

Did you know?

In Canada, according to the Canadian Centre for Occupational Health and Safety, more than 42,000 workers are injured annually due to falls. Statistics show the majority (66 per cent) are due to same-level slips and trips.

Tips to avoid injury

As temperatures drop and snow flies, the number of injuries due to slips, trips and falls increases. Workers can suffer bruises, abrasions, broken limbs, cracked ribs, and serious back and head injuries often resulting in time off work.

To prevent injury, follow these tips:

- Walk slowly and deliberately, focus on the path ahead.
- Where possible, avoid uneven surfaces such as wet or piled leaves, icy areas and snow banks.
- 'Wear your winter feet' – wear appropriate footwear.
- Use handrails where available.
- Check to make sure entrance areas and stairs are clear of snow and slush.
- Clean your shoes when you go inside. Caked snow and ice on shoe soles can be treacherous.

Shop Talk for Supervisors

- Review how to identify and walk on slippery surfaces.
- Review how to report a slip, trip or fall and what steps to take when one occurs.
- Discuss with workers where supplies are and how to correct tripping hazards (e.g. signage).
- Review daily/weekly changing conditions and how they impact the different work surfaces.
- More information is available on [Prevention of slips, trips and falls](#).

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