

Spring slips, trips, and falls

OHS information for workers

KEY INFORMATION

- Slips, trips, and falls are hazards at all Alberta workplaces.
- Different seasons can present different hazards, or change existing hazards.

As the seasons change, you should consider the different hazards they bring. The ice and snow-covered areas during winter can become wet, slippery, and muddy. Other hazards that weren't previously present can also appear that weren't accounted for or predicted.

Fortunately, there are proactive steps you can take to increase safety at your workplace. The best place to start is the same place your workers do; in the parking lot, on the sidewalk, at transitional areas (doors), and work stations. These are high traffic areas where many incidents can happen.

Step (carefully) into spring

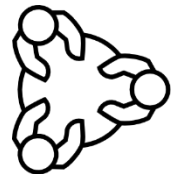
Slips, trips, and falls can lead to injuries big and small, and affect people of all ages. Here are a few tips to keep you walking safely this season:

- watch for ice (it can still be present),
- beware of clutter and new materials and equipment not used in other seasons,
- slow down and give yourself plenty of time to get from place to place,
- do not take shortcuts or stray from designated paths and walkways,
- choose footwear with care. Warmer weather may not accurately reflect conditions, and
- use signs, barriers and railings to aid on walkways, stairs, and to raise awareness of floor conditions.

Put your best foot forward

As with most incidents, the best way to deal with slips, trips and falls is to prevent them from occurring in the first place. That means engaging managers, supervisors and front-line workers in the conversation so that they look for slip, trip and fall hazards and take measures to eliminate them. Some things to consider as part of that process:

- reinforce that slip, trip and fall hazards are as important as any other hazard,
- identify and discuss common and job specific slip, trip and fall hazards with your workforce,
- create practices and procedures for controlling slip, trip and fall hazards,
- implement a user-friendly system for recording hazards and assigning and tracking corrective actions,
- ensure that all workers have access to the system for reporting hazards,
- follow up to ensure assigned corrective actions are completed and effective, and
- include slips, trips and falls as part of daily, pre-job, and tailgate meetings.



About the OHS Prevention Initiative

The [OHS Prevention Initiative](#) is a partnership between the Alberta government, employers, workers, health and safety associations, labour organizations, service providers (consultants, trainers and auditors) and WCB-Alberta. Its aim is preventing workplace injury and illness.

Contributors to this resource

Alberta Construction Safety Association
 Alberta Forest Products Association
 Alberta Hotel and Lodging Association
 Alberta Motor Transport Association
 Alberta Municipal Health and Safety Association
 AgSafe Alberta
 Continuing Care Safety Association
 Energy Safety Canada
 Ledcor Group of Companies

For more information

Prevention Initiative slips, trips, and falls
ohs-pubstore.labour.alberta.ca/slips-trips-and-falls

Other resources

WCB-Alberta – Worker handbook
wcb.ab.ca/assets/pdfs/workers/worker_handbook.pdf

WCB-Alberta – Forms and guides
wcb.ab.ca/resources/for-employers/forms-and-guides/

Government of Alberta OHS resource portal
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