



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*



SLIPS and TRIPS

from

ONE STEP AT A TIME

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

* Falls that occur on the same level

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

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

To PREVENT falls:

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

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

5 WAYS to REDUCE the RISK of Slipping or Tripping

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

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):
