

SLIP, TRIP, & FALL PREVENTION: INFORMATION SHEET

SERVICE & HOSPITALITY INDUSTRY STATISTICS

- Slip, trip and fall injuries account for 20% of all injuries in the service and hospitality industries, and 30% of all costs and compensation days. (2015-2017)
- The average age of the people being injured by falls is 41.6 years old. This is older than the average age of all injuries in the industry, which is 36.
- The average cost per claim is more than 50% higher for slip, trip, and fall claims than for the average injury claim in the service and hospitality industries.

DEFINITIONS

SLIP: A slip is when you do not have enough traction or friction between your shoes and the surface you are walking on.

TRIP: A trip is when your foot strikes or hits something which causes you to lose your balance.

FALL: Falls can occur from a height or on surfaces that are on the same level. A fall can be the result of a slip or a trip where your centre of gravity is shifted causing you to lose your balance. About 60% of slips and trips end in a fall.

COMMON CAUSES

Slips can be caused by spills of liquids, other wet or oily surfaces (such as waxed floors), mud, surfaces that are smooth (such as metal), and loose items such as gravel, rugs or mats.

Trips can be caused by walking on uneven surfaces (steps/stairs, thresholds, carpets/mats, or snow/ice), clutter on the ground (power cords, boxes, tools, other equipment, garbage), other obstructions (open cabinet drawer, blocked exit) or poor lighting and/or visibility.

Falls can be caused by slips and trips, but also by other situations, such as climbing ladders, working at heights, stepping into an unmarked hole, or descending from equipment or a vehicle.

PREVENTION OF SLIPS, TRIPS, & FALLS

The best way to prevent slips, trips, and falls is by training and education for all workers. This training can include recognizing slip, trip, and fall hazards, as well as what they can do to make the workplace safer.

Other prevention methods include:

- Good housekeeping practices
- Reducing wet or slippery walking surfaces

- Removing obstacles from traffic areas
- Creating and maintaining proper lighting
- Using proper footwear
- Educating everyone in the workplace – awareness of their own behaviours

TIPS FOR EMPLOYERS

- Winter prevention activities:
 - Keep parking lots and walkways clear of snow and ice. Don't get caught by surprise. Monitor the weather and expect slippery conditions.
 - Clear ice and snow before workers need to get in or out of the parking lot.
 - Use salt, sand or another proven anti-slip material to keep lots and walkways clear.
- Ensure workers working outdoors wear appropriate footwear for conditions.
- Provide good lighting and clear path markings in lots and walkways.
- Clearly identify steps, ramps and other elevation changes.
- Clean up spills and wet areas inside immediately and mark the area.
- Secure mats and rugs that do not lay flat.
- **Define everyone's role in preventing slips and falls, and communicate those roles to all employees.**
- **Follow up and, if necessary, address slip, trip and fall concerns reported by employees**

TIPS FOR EMPLOYEES

- Practice good housekeeping
 - Clean all spills immediately.
 - Remove obstacles & clutter from walkways.
 - Cover cables and cords that cross walkways.
 - Always close filing cabinets or storage drawers.
 - Check to make sure entrance areas and stairs are clear of snow and slush.
 - Clean your shoes when you go inside.
 - If mats are necessary, use pressure-sensitive adhesive to keep them from moving.
- Sufficient lighting
 - Do outdoor work during the day.
 - Use a flashlight when entering dark areas.
- Walk safely
 - Do not rush – take your time.
 - Keep one hand free to balance or break a fall.
 - Take shorter strides and have feet pointing slightly outwards to improve balance.
 - Use handrails when using stairs.
 - Walk slowly and deliberately, focused on the path ahead.
 - Where possible, avoid slippery surfaces, such as wet leaves, icy areas and snow banks.

- Work Safely
 - Always pay attention to your work setting.
 - Check your worksite for any potential hazards – even if it is a regular everyday activity.
 - If you are carrying or pushing anything, make sure you can see clearly in all directions.
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- Ladders
 - Always use a ladder or step ladder to reach high shelves (never stand on a chair or box).
 - Make sure your ladders, platforms or other equipment are in safe working condition.
 - Use your hands to provide three-point contact when getting in and out of vehicles, equipment or climbing ladders.
- Personal Protective Equipment
 - Wear proper-fitting footwear that is appropriate for the work you are doing.
 - Wear appropriate footwear with slip-resistant soles to work, and change into indoor footwear. Ice grippers that attach to your footwear can provide additional traction.
- Paint smooth floors with sand set in the mixture.
- Use guardrails, warning devices for open sides, edges, and openings.
- When working above 1.2 metres, wear a safety harness or personal protective equipment (PPE).
- Take breaks to stay alert.

REMEMBER, EVEN SLIPS OR TRIPS THAT DO NOT CAUSE AN INJURY SHOULD STILL BE REPORTED TO YOUR EMPLOYER. THESE ARE “NEAR MISSES” AND CAN HELP IDENTIFY A HAZARD *BEFORE* ANYONE GETS HURT.

RESOURCES

[WorkSafe Saskatchewan: Slips, Trips, & Falls](#)

[Workplace Safety & Prevention Services: Preventing Slips, Trips, and Falls](#)

[WorkSafe New Brunswick: Winter Safety: Prevent Slips, Trips and Falls](#)

Additional information regarding **PARKING LOT SAFETY** is provided by [CCOHS: Parking Lots – Fall Prevention](#).

SHSA eCampus Course: [Slip, Trip, and Fall Prevention for the Hospitality Industry](#).