

# GET A GRIP

## STOP SLIPS, TRIPS & FALLS



### Spills

Clean up spills immediately



### High-risk Areas

Identify and control hazards



Over-used Signs do not physically keep people away from wet floors



Environmental Cleanliness  
Is vital, especially when busy



### Shoes

Wear slip resistant shoes

Workers' Compensation  
**trust**

# GET A GRIP - STOP SLIPS, TRIPS & FALLS

## Don't underestimate slips, trips and falls

- Slips, trips and falls are the leading cause of workplace injuries
- Slips, trips and falls account for approximately 350,000 workplace injuries per year
- Falls account for about 10% of all workplace fatalities each year

## Employers, senior managers and supervisors all have responsibilities to control risks from slips, trips and falls.

### Management should:

- Commit to focusing on reduction of slip, trip and fall injuries
- Commit to and provide the resources to deal with slips, trips and falls
- Conduct workplace specific slips, trips and fall risk assessment (s) and incident analysis
- Include slips, trips and falls in the safety statement
- Conduct audits as required to ensure responsibilities are met
- Provide personal protective equipment (e.g. slip-resistant footwear) if required
- Ensure appropriate training, instruction & demonstrations as required
- Use posters and visual aids to create safety awareness
- Train employees to report anything they see as dangerous

## SPILLS



### Identify hazards and implement a Spill Control Program

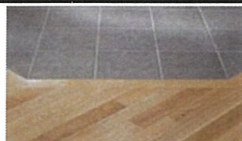
- Clean up spills immediately
- Use absorbent material to soak up the spill
- Identify areas with high spill risk and locate absorbent materials near likely spills
- Avoid where possible using a wet-cleaning approach that may just spread the potential danger area
- Consider nominating one person from each shift to be responsible for spills (this will only work if that person is advised of any spills and is available to deal with spills immediately)
- Consider using spill kits
- Ensure slip resistant footwear as needed

## HIGH RISK AREAS



### Identify and control high-risk areas for slips, trips and falls

#### Transition Areas



- Identify areas that transition with different levels of grip (e.g. wet to dry)
- Take precautions to remove excess moisture from footwear
- Highlight transition areas

#### Level Changes



- Ensure slip resistant surfaces
- Provide proper lighting
- Highlight changes in level - yellow color
- Ensure proper drain covers
- Keep the top & bottom of stairs neat & clean
- Avoid having to carry items on stairs

## Sources of Liquid



- Identify where liquid is coming from if floor is wet or slippery (equipment using liquid, showers, sinks, toilets, water coolers, fountains, food, and plants)
- Use proper mats
- Ensure adequate local drainage
- Provide slip-resistant coatings or strips
- Recommend slip resistant shoes



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## Cords, Cables & Hoses



- Identify trailing electrical cords, cables and hoses
- Identify poorly sited gas and liquid supply points
- Site electrical outlets to avoid trailing cables
- Use retractable reels and/or cable protection mats
- Implement a room cord management program
- Provide cord guards for floor wires

## Damaged Floors & Paving



- Identify neglected or damaged floors
- Repair and take steps to prevent future damage
- Isolate damaged areas with barriers/signs until repairs can be made
- Identify damaged sidewalks, parking lots, cracks & potholes

## Mats and Rugs



- Recess mats into flooring
- Utilize mats with beveled edges
- Affix edges in place
- Ensure mats and rugs are properly designed and fitted
- Use heavy mats with rubber backing (lighter ones tend to slip & slide)
- Highlight edges (use yellow to mark change in flooring)
- Where mats deal with a floor that is regularly wet, consider local drainage near mats
- Ensure mats are long enough to absorb all the water/liquid from shoes

## Slippery Surfaces



- As a rule of thumb, high gloss and highly reflective = high risk
- Tests can scientifically assess the slipperiness of floors
- Consider changing or treating floor surfaces-this may include adding slip resistant materials
- Methods such as non-slip strips may assist
- Chemical treatment (etching) may be possible
- Pay particular attention to areas that may become slippery during severe weather. Grit or salt may be helpful to deal temporarily with snow or ice.
- Use calcium based snow melt pellets rather than rock salt
- Isolate icy or slippery areas with barriers or signs

## OVERUSED SIGNS



### Warning Signs do not physically keep people away from wet floors

- Safety signs do not substitute for necessary protective measures
- For programmed/routine floor cleaning, use a system that keeps pedestrians away from wet/moist floors, e.g. physical barriers
- Warning signs alone may not be adequate for many circumstances
- Warning signs must be removed when they no longer are needed



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## ENVIRONMENTAL CLEANLINESS



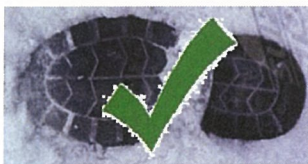
- Housekeeping is vital – especially when busy
- Don't leave cleaning up until the end of the shift
- Keep floors and access routes clear
- Keep messy operations away from pedestrian routes
- Provide cleaning staff with slip resistant footwear
- Before cleaning, assess the floor to see if cleaning is actually required
- As far as possible, dry cleaning (e.g. dry microfiber brush) should replace wet cleaning
- Clean floor at times when there will be little or no traffic
- Organize cleaning to provide dry paths through areas being cleaned
- Where wet cleaning, use water at the right temperature and detergent
- Remove excess liquid to assist the floor drying process until dry whenever possible
- Wherever possible isolate the floor area being cleaned using a barrier (signs do not substitute for protective measures)
- Train cleaning staff on proper instruction and demonstrations
- Use microfiber mop system for wet cleaning
- Use proper wax/cleaners for the specific type of floor surface

## SHOES



- OSHA requires PPE to be provided where risks cannot be avoided or sufficiently limited by other means
- PPE should be properly maintained and replaced as necessary
- For slip resistance, choose a shoe with a well-defined tread pattern
- Consult with staff when choosing safety footwear
- Undertake a footwear trial before you buy. Footwear marked '*slip resistant*' may not perform well in your workplace.
- Footwear that performs well in wet conditions might not be suitable where there are food spillages. Sole tread needs to be kept clear of waste. If they constantly clog up, the sole design is unsuitable for your workplace.
- With clogs, ensure an ankle strap is in place and used properly
- Put in place routine checks of slip resistant footwear

### Use Safety Shoes That



- Provide a good grip and good slip resistance
- Staff have agreed to
- Staff like and will wear
- Has a good tread pattern and a flexible sole
- Has been tested in the actual workplace for slip resistance
- Are comfortable and fits well (people might not wear otherwise)
- Are reasonably easy to clean and maintain
- Will last a reasonable length of time

### Avoid These Types of Shoes



- Open-toed shoes
- Sandals
- Flip Flops
- High Heels
- Smooth soles
- Clogs with no ankle strap/heal grip
- Clogs with holes
- Plastic "croc" type shoes with holes

