

# Preventing **slips** and **falls**

## Prevention tips

### Falls from heights:

- Know and follow the legal requirements if working where you can fall more than three metres (10 feet).
- Use your 5-point fall arrest system properly – every time you need it.
- Stay behind guardrails.
- Cover stairway openings, open holes or holes in the floor or have guardrails.
- Keep three-point contact when climbing ladders or scaffolds and when mounting or dismounting equipment.
- Use only the right ladder for the job. Stay in the centre of the ladder rungs – do not lean out. Do not carry items while climbing.
- Use travel restraint or fall arrest equipment properly.
- Follow the rules and do not take shortcuts to save time.

### Slips:

- Keep floors clean and dry.
- Keep health and safety in mind when scheduling housekeeping tasks such as cleaning floors.
- Wear proper footwear with good treads.
- Pay attention to the weather forecast – be aware when rain, snow or a sudden cold snap is expected. Be aware of black ice conditions.
- Take extra care on steps or any walking surface made of painted wood or concrete, such as stoops and porches.

### Trips:

- Keep aisles and walkways clear of clutter and obstacles.
- Fix loose carpets and tiles on floors.
- Make sure lighting is bright enough to see properly.
- Slow down on uneven walking surfaces – watch for holes, cracks in sidewalks or other rough terrain.
- Wear sunglasses on bright days to reduce glare and maximize your vision.



**Maintain  
3-point  
contact**

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**PLACE WARNING SIGNS  
ON MOPPED FLOORS**



**KEEP STAIRWAYS SAFE  
AND WELL LIT**

**ENSURE HANDRAILS ARE  
PRESENT AND ACCESSIBLE**



**WEAR SUNGLASSES  
TO REDUCE GLARE**



**KEEP HIGH  
TRAFFIC AREAS  
CLEAR OF CLUTTER**



**WEAR PROPER  
SAFETY HARNESS  
WHEN NECESSARY**



**TREAD CAREFULLY  
ON ICE**

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