

SLIPS, TRIPS AND FALLS | NOVEMBER SAFETY SEGMENTS



Slips and trips are one of the main causes of injuries in Canada. Slips happen when there is not much traction or friction between your footwear and the surface you are walking on. When you trip, your foot hits or collides with an object which then leads to you losing your balance and falling. Statistics show that 67% of falls happen on the same level that has resulted from slips and trips.

SLIPS AND TRIPS

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Show this video from the Alberta Government: "[Slips, trips and falls – Slips and trips](#)" After everyone is done, use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- When does a slip occur?
- When does a trip occur?
- What are some causes of slips and trips?

Alternative Activity:

Instead of the video, you can read a handout about [engaging workers in slip, trip, and fall prevention](#) from the Alberta Government

How can workers be engaged in preventing slip, trips, and falls?



Follow the CCSA and check our other resources.



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Falls are hazards that are always present and will always be a cause for concern. According to the Canadian Centre for Occupational Health and Safety, over 42,000 workers are injured annually due to falls. Statistics show that 30% of falls are from a height

FALLS

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of "[Common fall hazards](#)" by the Alberta Government. Give each staff member 5 minutes to read. After everyone is done, use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- How can you avoid a fall?
- What worksites are fall hazards present?

Alternative Activity:

Instead of the handouts, you can watch a [short video](#) about falls.

Who in the workplace needs to take the potential of falls seriously?



Follow the CCSA and check our other resources.



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Although there are many resources that are available to support you in the workplace, it's important to take the rights steps to protect your own health and find ways to help us cope. There can be times when we deal with feelings and emotions that we cannot control but, there are always things within our control that we can do to comfort us.

MENTAL HEALTH FOCUS: SELF-CARE

Getting injured at work can create additional stress for employees. This recommended "Lunch and Learn" type of activity opens awareness and assists staff in understanding the importance of self-care.

DIRECTIONS

Take 10 minutes to read this excerpt: ["Taking Care of Yourself after a Traumatic Event."](#) After reading, use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- How can we take care of our minds and body?
- What are some reactions to trauma?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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B K R A C B O J J E
J Q H S T O C K I N
B U M D E V Z Y H C
N R S F O A N D D Y
C X J G I M R I S C
E C B N N R C S D
X R P J I V D K H S
P P K F D W W P N

Slips and trips are one of the main causes of injuries in Canada and falls are hazards that are always present in the workplace thus, being a cause for concern. Statistics show that 67% of falls happen on the same level that have resulted from slips and trips and 30% of falls are from a height.

WORD SEARCH

DIRECTIONS

Use this opportunity to do an activity and engage with your staff. Print out a copy of the [Slip, Trips, and Falls Word Search](#). Discuss the importance of preventing and reporting slips, trips, and falls incidents while doing the word search. Give each staff member 10 minutes to complete the activity.



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ALTERNATE RESOURCE: REPORTING SLIPS, TRIPS, AND FALLS

This resource is created to remind staff that it is important to report slips, trips, and falls in order to prevent injuries like these from continuously happening and to get the care you need.

DIRECTIONS

Print out or share an electronic copy of "[How do I support workers who report a slip, trip or fall?](#)" by the Alberta, Government. Give each staff member 5 - 10 minutes to read. After everyone is done, use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- When are you required to report a slip, trip, or fall to WCB?
- What must an employer do when they become aware of the hazard that is present?
- Who can help the employer in investigating the incident?
- How does reporting slip, trips, and falls apply to your role in the workplace?

