

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.

