



SLIPS, TRIPS, AND FALLS PREVENTION FOR WORKERS

COMMON HAZARDS IN CONTINUING CARE

CONTAMINANTS ON THE FLOOR

Water, grease, oil, food, and other fluids can make walking surfaces slippery.



Food service, dining, kitchen, building entrances, under dispensers, and unloading areas



Prompt housekeeping to clean and dry floors; Provide hazard training; Use wet-floor signs, Non-slip footwear



Resident's rooms, Nursing stations, Storage areas, Hallways, Walkways, Work stations, Maintenance areas



Organize storage areas; mount and cover cords; Regularly declutter rooms; Clear walkways and hallways.

TRIPPING HAZARDS: CLUTTER, HOSES, WIRES



Clutter can build up or wires can be exposed and create a trip and fall.

UNEVEN SURFACES

Poorly maintained, uneven flooring; damaged, warped, buckled, or uneven floor surfaces are tripping hazards.



Resident's rooms and washrooms, entrances, parking garages, walkways and hallways, drains



Prompt hazard reporting; Regular inspections and preventative maintenance; Markers and signs



Entrances, parking garages and lots, walkways, outside stairs



Aggressive ice/snow removal program; Use ice melts, additional mats during winter or when raining; wet floor signs

WEATHER CONDITIONS



Ice, snow and accumulated rain water can cause employees to slip, trip and fall.

INADEQUATE LIGHTING

Inadequate lighting impairs vision and one's ability to see hazards.



Parking structures, storage areas, hallways, walkways, outdoor areas during night shift



Install adequate light fixtures; Regular preventative maintenance and inspections



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STEPSTOOLS AND LADDERS

Stepstools and ladders used to work from heights can create a hazardous situation.



Kitchen and pantries; Maintenance and storage areas that require ladders and step stools.



Training on the proper use of stepstools and ladders; Use on flat surface; Ensure they are non-slip



Stairwells, Stairways, Indoor and Outdoor areas with steps, parkade, elevated or sloping walkways



Ensure they are clean; Adequate lighting; Create visual cues and signs; non-slip or slip-resistant

STAIRS, STEPS, AND HANDRAILS



When poorly maintained and unmarked, they can lead to missteps.

FLOOR OR FALL MATS AND RUNNERS

Old, buckled, or poorly placed mats and runners can contribute to slips, trips, and falls.



Resident's rooms, hallways, Kitchen and food service areas, entryways and walkways



Use beveled-edge and continuous or interlocking mats; Replace worn mats; Secure and mark edges



Drains, Resident's bathroom / shower, Kitchen floors, Parking lots, Outdoor downspouts



Preventative maintenance and inspections of facilities; Regular reporting of hazards

POOR DRAINAGE



Clogged drains and water pipes that are improperly aligned can cause liquid to spill onto walking surfaces.

OUTDOOR SURFACE IRREGULARITIES

Poorly maintained, uneven ground, protruding structures, and other debris can cause trips.



Slopes, lawns, uneven or cracked pavement, Parking lots, outdoor patios and gardens



Patch and fill cracks; Repave cracked walkways; Create visual cues and signs; Remove stones and debris