

SLIPS, TRIPS, AND FALLS

NOVEMBER SAFETY SEGMENT



Every year in Canada workers experience near misses and minor injuries resulting from slips, trips, and falls, in fact 20% of all workplace accidents result from these types of incidents. However, these incidents can lead to lost time claims, making it an important consideration in preventing injuries at work and taking steps to prevent them, by reducing the hazards that cause slip and trip type incidents.

CAUSES OF SLIPS, TRIPS AND FALLS

DIRECTIONS

The best way to avoid injuries is to be prepared for them, to understand the possible scenarios and hazards that have the potential to cause an injury. Watch this [video on slips, trips, and falls](#) and then using the questions lead a discussion on these types of incidents.

SAFETY SEGMENT DISCUSSION

Post Session Questions:

- Have you noted any hazards similar to what was mentioned in the video?
- Have you reported a similar hazard?
- How do you report hazards such as mentioned?

Notes to the Team Leader:

- Facilitate the discussion, guiding the discussion to possible improvement of the existing hazard reporting process and how to promote awareness of the processes.



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A majority of slips, trips, and falls occur during winter months and spike during and after snowfalls or drastic weather changes. Preventing wintertime falls is not a difficult process, it is not complicated. Prevention works with three ingredients, correct clothing, wintertime maintenance and reacting correctly to your surroundings, some of which is changing how you walk, think penguin.

PREPARING FOR WINTERTIME SLIPS & TRIPS

DIRECTIONS

Provide the handout, [Preparing for Wintertime Falls](#) discussing wintertime fall risks and how to prevent them. Give participants 5 minutes to read and then lead a discussion using the questions below. After the discussion pass out the [Walk Like a Penguin](#) poster.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Do you wear special footwear for snow days or when the weather changes? Or do you bring a change of footwear with you to work?
- Do you reduce the load or loads you are carrying when the ground is slippery?
- How do you report slippery areas at work?

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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Circumstances of our normal duties can change quite quickly depending on several factors and the biggest factor in that possibility is weather. Once we hit the fall months the chance of heavy snowfalls, icy conditions, wet floors, or other drastic changes can create slippery walking conditions ripe for slip, trip, or fall incidents with the potential for injury. Being situationally aware will help you to prevent incidents so you can adapt to changes and react accordingly.

SITUATIONAL AWARENESS PREVENTS INJURY!

DIRECTIONS

We need to be on constant watch for emerging hazards at work. Doing so will help to prevent injuries. Watch the video on [Situational Awareness](#) and then lead discussion using the questions below.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Is situational awareness similar to an informal hazard assessment? How so?
- What was the common distraction on the video?
- Have you ever been distracted and almost got injured?

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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Slip, trip, and fall hazards can creep up at any time. One of the best ways that compliments, situational awareness, informal hazard assessments, and hazard reporting is effective workplace inspections. Inspections spot developing hazards and check existing controls. Unfortunately inspection checklist can be prone to pencil whipping, looking like nothing more than some hasty check marks in an attempt to “check all the boxes”. Inspections are more than a checklist. How will you approach inspections and checklists?

SUPPORTING FALL PREVENTION WITH INSPECTIONS

DIRECTIONS

The best way to prevent slips, trips, and falls is to reduce or eliminate the hazards that cause them. Pass out copies of this [infographic on the causes of slips, trips, and falls](#) and a copy of your inspection checklist. Lead a discussion below using the material and questions provided.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Does your inspection checklist address the hazards mentioned in the infographic?
- What items do you need to add to make your checklist complete?
- How do you address hazards in between inspection cycles?

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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CODE OF THE MONTH

NOVEMBER SAFETY SEGMENT



Entering a resident's room and expecting to find them in the room and not being able to locate them could be alarming. Being unable to locate them in the immediate vicinity will obviously increase the feelings of alarm. The hasty search begins with maybe rushing to the care station and asking if anyone has seen the resident. Maybe even starting to run down hallways in a rush to find them. All the while thinking, we need to practice a Code Yellow once in awhile...

CODE YELLOW - MISSING RESIDENT

DIRECTIONS

Depending on the size of your group you will want to create smaller groups of 4-5 for the exercise. Assign each group a scenario from the [Code Yellow Scenarios document](#). Ask each group to work through the scenario and be prepared to say how they would use the existing processes to work through the problem. Lead discussion using the questions below.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Ask each group to walk through their scenario.
- Ask each group what went well and what didn't.
- Ask each what they think needs to be improved in the existing program?
- Do your processes need an update?

Notes to the Team Leader:

- If time permits this the discussion can continue using this [template for Code Yellow Policy/Procedure](#) and follow up by supplying this [handout refresher](#)



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