



Slips, Trips & Falls

Toolbox Talks are intended to facilitate health and safety discussions on the job site.

Slips, trips and falls are a major cause of injuries in the workplace. Many disabling injuries and even deaths occur each year as a result of slips, trips, and falls from heights, on stairs, and on level ground both at work and at home.

Most injuries from slips, trips and falls result from poor housekeeping practices. Examples of slip, trip and fall hazards include:

- Items such as trailing cables and hoses, hand tools, lengths of pipe or timber etc. left on the ground may cause someone to trip up.
- General rubbish such as pieces of brick, material off cuts etc. can quickly accumulate and form a tripping hazard.
- Spilt substances such as oils and greases or the build up of sawdust or other swarf may form a slip hazard.
- Mud left on the rungs of a ladder can present a slip and fall hazard.
- Poor lighting levels, such as during winter mornings or afternoons, can easily lead to tripping hazards not being readily visible. Tools, equipment, materials and spilt liquids, which are visible in full daylight might be hidden or difficult to spot in reduced light conditions.

Key Points

- ✓ Pay attention to your movements and surroundings, do not get distracted by conversations with colleagues or phone calls. Stop walking, finish the conversation and then proceed on your way.
- ✓ Concentrate on where you're going, what you're doing and what lies ahead.
- ✓ Take responsibility for reporting, fixing, removing, or avoiding hazards in your path. Don't leave for the next person to clear up: they won't. **SEE IT SORT IT!**
- ✓ Wear correct footwear with anti-slip soles (where applicable) and flat heels.
- ✓ Avoid baggy, loose or torn clothing that could cause you to trip up.
- ✓ Trousers should be worn at the waist or hips and not around the thighs as this restricts leg movement.
- ✓ Walk, don't run.
- ✓ Remove or clean muddy footwear when entering buildings or wipe your feet when you come in from rain or snow.
- ✓ Report any defective or inadequate lighting. Use the Defect Report Form.
- ✓ Watch out for floors that are uneven, have holes, are wet or have just been cleaned, or have torn carpeting etc.
- ✓ When carrying loads ensure that you have good visibility of the surface and surrounds in front of you.

Toolbox Attendance

Questions? _____

Concerns? _____

Days since Last Incident: _____

Supervisor/Meeting Leader: _____ Date: _____

Signatures of attendees:

Manager review comments:

Manager signature: _____ Date of Review: _____