

# Slips, Trips, and Falls\*

Slips, trips, and falls are the third leading cause of recordable injuries across British Columbia and accounted for 12% of all claims from 2016 to 2020, with 32,7983 claims.

Reported slips, trips, and falls may represent only a fraction of the total incidents in the workplace if workers do not report falls when no injury occurs.



## Key characteristics of slips, trips, and falls

You slip when your feet lose traction when walking on a surface covered with a substance, resulting in uncontrolled body movements. Trips occur when an object on the walking surface catches one or both feet and causes you to overbalance. A fall can happen when either a slip or trip causes you to contact the walking surface or another object with your body.

## Preventive next steps

- Always wear proper footwear for the work environment; production areas require footwear with a defined heel, non-slip soles, and adequate ankle support. Inspect the footwear regularly to identify any potential problems, such as a badly worn heel or sole, sole separation from the upper, and broken or untied laces.
- Be aware of your immediate surroundings and the potential hazards you may find. Look for evidence of wet or overly smooth areas that could cause a slip or materials or objects that could trip you. When carrying material always ensure that you can still see where you are walking.

- Immediately clean up spills and remove waste materials from walking and work areas. Ensure that you store materials and products in designated locations rather than storing material in process and travel areas.
- Ensure installation and maintenance of good non-slip walking surfaces throughout the workplace, both inside and out. Tile and concrete surfaces should have non-slip matting or a chemical treatment to reduce the risk of slipping and carpeting should not have any tears or lifting edges that could catch a foot. Also, keep walking surfaces in the employee parking area safe by removing snow and ice during the winter.
- Promptly repair any damage or excessive wear of sidewalks and parking surfaces.



## For additional resources visit:

[Slips, trips and falls injuries can be serious, but are preventable](#) | WorkSafeBC

[Slipping and tripping hazards](#) | Occupational Health and Safety Regulation

[Prevention of Slips, Trips and Falls](#) | Canadian Centre for Occupational Health and Safety

