

>> TOOLBOX TALK – Preventing Slips and Falls

Slips and falls are common causes of injury. Slips happen when there is too little friction or traction between the footwear and the walking surface.

An injury that results in a strain, sprain, or a torn muscle, tendon, ligament or joint is called an MSI (musculoskeletal injury).

This Safety Talk is to raise awareness of some workplace hazards that can cause an MSI and/or a concussion (a traumatic brain injury) due to slips and falls, and to help you implement preventative control measures.

Risk Assessment/Hazards

The following are identified as hazards that may result in a slip:

- Wet or oily surfaces
- Occasional spills
- Metal rungs, steps, footholds, treads, running boards, and platforms on equipment and ladders
- Snow, rain, mud, or ice on landing areas
- Leaking equipment, awnings, and shelters
- Flooring or other walking surfaces that do not have some degree of traction
- Mud, snow, ice, or grease on footwear
- Footwear with a lack of tread



Complete and attach Toolbox Meeting Form and process as per company policy.

Content adapted for NLCSA, with permission, from toolbox talk by the Manitoba Heavy Civil Association.

Control Measures/Safeguards

To eliminate or reduce the risk of an MSI and/or concussion that may result from a slip/trip hazard implement the following safe work procedures:

- Walk; do not run to your destination
- Watch where you are going while walking
- Inspect walkways before lifting and carrying an item if your visibility to the ground is going to be obstructed
- Clean spills immediately
- Mark spills and wet areas
- Make sure running boards, treads, steps, footholds, and platforms are clean and dry
- Apply non-slip tape to handrails, steps, and walking surfaces if necessary
- Change or modify walking surfaces such as re-coating or replacing floors, and installing mats
- Clean footwear of mud, snow, ice, grease, or other slippery substances
- Ensure footwear fits properly and has a good tread

Questions for Discussion

- What behaviors cause the greatest risk of slip or fall in your work site?
- What are some safe ways to mark spills or other tripping hazards?

TOOLBOX MEETING FORM

Date: _____ Project: _____

Supervisor: _____ No. in Crew: _____ No. Attending: _____

Review Last Meeting:

| | Names of Attendees (Signature Required) |
|-------------------------------------------------------------------------------|----------------------------------------------------|
| Topics Discussed (policies, practices, procedures, hazard assessment): | |
| | |
| | |
| | |
| Suggestions Offered: | |
| | |
| | |
| | |
| Action(s) to be Taken: | |
| | |
| | |
| | |
| Injuries/Accidents Reviewed: | |
| | |
| | |

Supervisor's Remarks: _____

Signature: _____