



## Preventing Trips

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

This Safety Talk is to raise awareness of workplace hazards that can cause a MSI.

Trips happen when your foot strikes or hits an object causing you to lose balance and fall. Many injuries from tripping are caused by unsafe behaviour or decisions, and failure to correct unsafe conditions when they are recognized.

The following safety information will provide you with training on assessing hazards that could lead to a MSI and instruct on implementing control measures to prevent a MSI.

### Risk Assessment/Hazards

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

- Obstructed view
- Poor lighting
- Debris and clutter on walk ways or stairways
- Wrinkled mats
- Uncovered cables across walkways
- Hoses, cords, and chains left on walking areas
- Brooms, shovels, and tools left on ground
- Uneven steps and walking surfaces
- Open storage drawers and toolboxes
- Boots with untied laces



### Control Measures/Safeguards

Implement the following safe work procedures to eliminate or reduce a MSI that may result from tripping hazards:

- Walk; do not run to your destination
- Watch where you are going while walking
- Inspect walkways before lifting and carrying something if your visibility to the ground is going to be obstructed
- Keep work areas and walkways well lit
- Replace used light bulbs and faulty switches
- Sweep debris from floors of shop and machines
- Keep walk and entrance ways clear from clutter or obstructions
- Tack or tape mats that do not lay flat
- Cover cables that cross walkways
- Pick up hoses, cords and chains immediately after use
- Pick up and safely store brooms, shovels and tools
- Ensure steps and walkways are even and free of snow, mud and rocks
- Close toolbox and storage drawers
- Ensure boots are tied properly

### Thought Provoking Questions

Where in your workplace is a trip most likely to happen? Why?

What can you do in your workplace to prevent trips from happening?

