



# Slips, Trips & Falls

The Association of Workers Compensation Board of Canada (AWCBC) 2022 statistics report show that slips, trips and falls are one of the five most common workplace injuries in Canada. In 2022 a total of 51,682 individuals reported they had been injured on the job as a result of a slip, trip or fall. In Prince Edward Island the Workers Compensation Board (WCB) has reported a total of 101 slip, trip and fall injuries in 2022. Statistics from CCOHS show that a vast majority (67%) of falls occur on the same level of surface resulting from slips or trips. The remaining 30% are a result of a fall from a height.

## How to Prevent Slips, Trips & Falls

Practices to help prevent slips, trips and falls include:

- Look before you walk. Be aware of your surroundings and walk slowly.
- Use handrails whenever available.
- Be mindful of wet floor signage, as they should be clearly marked with cautionary signage.
- Wear well-fitting and appropriate footwear for conditions. Wear anti-slip/safety footwear whenever necessary.
- When entering a building from a wet outdoor environment, ensure to wipe/clean off your footwear to avoid creating a slipping hazard.
- When walking on slick, wet or icy surfaces take shorter, shuffle like steps with your arms extended for balance.
- Report any slip, trip or fall safety hazards or incident to your employer as soon as possible.

## Employer's Due Diligence

Ways the employer can help reduce the potential risk of slips, trips and falls include:

- Walking areas and parking lots should be kept clear and free of ice and snow.
- Salt, sand or other anti-slip materials should be used to reduce ice and snow build up during the winter months.
- Areas commonly traveled should be well lit and clearly marked.
- Mats and rugs should be secured or fastened to the floor by means such as anti-slip backing or tape.
- Ensure when employees are working outdoors, they are wearing the appropriate anti-slip/safety footwear.
- Steps, ramps and other elevated surfaces should be clearly marked and easily identifiable.
- Address and follow up on any slip, trip, or fall concerns reported by employees.



## Direct Access to Physiotherapy & Chiropractic Care

If you have been injured at work, you can begin receiving physiotherapy and chiropractic treatments while waiting for a claim decision from the Workers Compensation Board of PEI. When injured on the job, receiving treatment such as physiotherapy or chiropractic care can make a significant difference in rehabilitation time. To receive direct access to physiotherapy or chiropractic care services, first report your injury to your supervisor and follow the following steps:

- Have your injury assessed as soon as possible; by receiving early access to care, you significantly improve your possible recovery time.
- Contact one of the various physiotherapist or chiropractor clinics participating in the [Direct Access to Physiotherapy & Chiropractic Care](#) program to request an assessment. When requesting an assessment, inform the clinic you have been injured at work. The clinic will provide you with an appointment within 48 hours.
- File your injury claim (WCB [Worker's Report – Form 6](#) ) with WCB online at [wcb.pe.ca](http://wcb.pe.ca), by email, mail or fax.  
Email: [workerservices@wcb.pe.ca](mailto:workerservices@wcb.pe.ca)  
Mail: WCB of PEI, 14 Weymouth Street, PO Box 757, Charlottetown, PE, C1A 7L7  
Fax: 90-368-5696
- For more information regarding the benefits or receiving early access to care visit <https://wcb.pe.ca/DirectAccess>.

# PREVENTING

# FALLS\*

# from SLIPS and TRIPS

ONE STEP AT A TIME

\*Falls that occur on the same level

That's approximately  
**28,353** slips and  
trips annually

About **12%** of all accepted injury  
claims are from a slip or trip.

## To PREVENT falls:

- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

## PRACTICE

good housekeeping:



**CLEAN** up all  
spills and  
debris  
immediately



**MARK** or  
**IDENTIFY**  
spills and  
wet areas



**KEEP** walkways  
clear of clutter  
and other  
obstacles



**CLOSE** file  
cabinets and  
storage drawers  
immediately



**COVER** or **TAPE**  
down cords or  
cables

**SELECT** and **WEAR**  
proper footwear:



**MATCH** your  
footwear to all  
the hazards of  
your job



**KEEP** shoes in  
good repair, clean  
and free from  
contaminants

Statistical source: Association of Workers' Compensation Boards of Canada, Injury Statistics Across Canada, 2015

## 5 WAYS to REDUCE the RISK

### Slipping Tripping



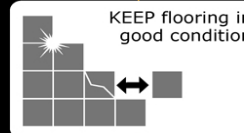
**SLOW** down and  
pay attention  
to where you  
are going



**KEEP** walking  
areas clear  
from clutter or  
obstructions



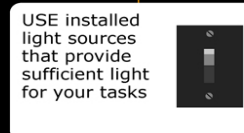
**PLACE** each  
foot firmly  
and flat on  
the floor



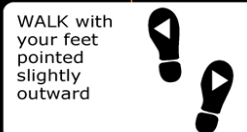
**KEEP** flooring in  
good condition



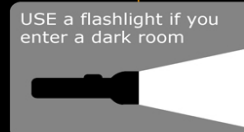
**ADJUST** your stride  
to be suitable for  
the walking  
surface and  
the task



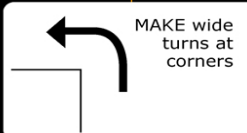
**USE** installed  
light sources  
that provide  
sufficient light  
for your tasks



**WALK** with  
your feet  
pointed  
slightly  
outward



**USE** a flashlight if you  
enter a dark room



**MAKE** wide  
turns at  
corners



**DO NOT LET**  
objects you  
are carrying  
or pushing  
block your  
view

## Common CAUSES

### Slips



- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

### Trips



- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

Employers should make sure the health and safety  
program includes slips and trips prevention:



**CONDUCT**  
regular  
inspections



**IDENTIFY** high-risk  
areas such as stairs,  
entrances, and  
high-traffic areas



**TRAIN** managers,  
supervisors and  
workers