

Don't fall into winter

OHS information for employers and workers

Did you know?

According to WCB-Alberta, 20.5 per cent of Alberta's workplace lost-time claims are the result of falls:

- 13.9 per cent – fall on same level
- 6.0 per cent – fall to lower level
- 0.6 per cent – other falls

How do falls happen?

Unreported falls can lead to injuries in other people. It is important everyone does their part to reduce the risk of falls. The severity of falls is often underestimated and can lead to serious injuries and/or death.

Falls can come in many forms:

- Improper use of a ladder
- Losing balance
- Slipping on surfaces and/or stairs
- Carrying items which may block your view
- Not holding handrails

Many falls are caused by slippery conditions are related to:

- poor housekeeping
- dirt, grease or contaminants on floors
- inappropriate floor surface materials
- surface wear
- uneven or damaged surfaces

Falls from stairs are caused by:

- poor housekeeping,
- poor lighting and visibility
- tread surface material (descending vs. ascending falls)
- lack of handrails
- handrails at wrong height
- improper or changing tread/riser dimension

How do you prevent falls from elevated surfaces?

- Use proper handles when available
- Maintain three-point contact with equipment
- Wear proper footwear



Shop Talk for Supervisors

- Review how to identify potential fall hazards.
- Review safe work measures to address the daily/weekly changing conditions.
- Discuss with workers how to prevent falls.
- Encourage proper footwear use and changing footwear to suit job tasks and environment.

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