

SHIFT BRIEFING |

SLIPS, TRIPS AND FALLS

Slips and falls are a common cause for injury. If you're working outside, there are steps you can take to keep yourself safer by preparing for slippery weather and dealing with it when it comes:

- Wear appropriate footwear
- Use safe walking practices
- Avoid distractions
- Take extra care on moving walkways and escalators – if you have excess baggage, strollers, etc. be sure to use an elevator
- Keep your workspace clear – be mindful of tripping hazards that can be caused by ground service equipment, chocks and cones
- Call any indoor spills or outdoor areas that need to be treated into operations at 416-776-3055.

Take extra precautions when exiting a vehicle. Follow these steps:

- Look first before stepping out from the vehicle
- Maintain three-point contact when stepping out
- Use the vehicle for support
- Do not grab objects such as coffee mug, water bottles, etc., as you are exiting, exit the vehicle first then retrieve items
- Try to keep your centre of gravity over your support leg for better balance
- Keep your hands out of your pockets
- Look first before stepping out from the vehicle

One of the best ways to prevent Slips, Trips and Falls is through regular housekeeping of your work area. You can do this by regularly inspecting your workspace and keeping your work area clean and free of any hazards.