

EMPLOYEE HANDOUT

Slips, Trips and Fall Prevention

Slips, trips and falls are a significant cause of lost time injuries at ski areas. Examples of potentially hazardous areas include parking lots, icy walkways, areas around lift operations, washrooms, stairs and ladders, tube lanes, and skating rinks. Due to the nature of working in snowy conditions, slippery surfaces are a daily hazard. Anyone working inside must also be extra cautious, due to wet and icy surfaces (caused by snow being tracked indoors), and also when travelling between buildings. Awareness of possible hazards and using suitable footwear are critical in preventing these kinds of incidents.

Safety Tips

Wear **proper seasonal footwear** with suitable tread, particularly when you are walking outside. Ensure shoelaces are tied correctly. Wear **boot grips** (eg Yak Trax) to enhance traction outside.

Stay alert and give yourself **enough time** to go between locations so you don't need to rush. **Slow down** when your footwear is wet and on uneven surfaces.

Watch for deposits of snow, ice, water, food, grease, oil, sawdust, soap or debris.

Walk with your **hands free** to improve balance and/or use **3-point contact** whenever these options are possible – this means 3 points of contact at all times – 2 hands and 1 foot, or 2 feet and 1 hand.

Avoid distractions such as using a cellphone or headphones while walking.

Thoroughly **wipe footwear** on a doormat or metal grate when coming in from rainy, muddy or snowy weather. Kick off any snow prior to walking indoors. Changing shoes for indoor workers is recommended (and may be required).

Ensure **ladder** rungs are free of mud, water, ice or debris before using to reduce the chance of slipping. Always use 3-point contact on ladders.

When walking in **stairwells**, be cautious of how steep they are and whether you are wearing appropriate footwear. Never run up or down stairs or skip steps. Don't carry loads on stairs that block your vision and keep one hand free to hold onto railing.

Use extra caution when wearing **ski boots**.

Be aware of **changing weather** conditions.

Use a proper 3-point dismount/mount to **get in and out of vehicles** and machinery. Use handles and steps as provided.

Practice **good housekeeping** in your work area – keep main pathways clear of garbage, clean up spills promptly, use appropriate warning signage, remove clutter and put away tools.

Report to your supervisor any areas in need of **maintenance**, including build-up of ice or snow, pot holes, ground erosion, wet floors etc, which may benefit from sanding, shoveling, signage or other prevention measures.

Report to your supervisor if there are areas that would benefit from mats, carpeting, abrasive strips, slip-resistant finishes/coatings, signage, cord/cable management solutions or improved lighting.

Participate in the **risk assessment process**. Think about the hazards, consider how people might be harmed and implement suitable **measures to control the risk**.

Common Injuries

- Sprains, strains, bruises, concussions, fractures.

Additional Resources

- Your ski area policy and procedures.
- WorkSafeBC: [Kitchen Safety- slips trips falls](#)
- AHS: Walk like a penguin. [Penguinwalk.ca](#)
- More Ski Area Safety Resources: [go2hr.ca/skisafety](#)