

# Slips, Trips and Falls Prevention

Instructor Guide

## Safety Talk Overview:

**What & Why?** Safety Talks are a method to refresh an employee’s knowledge and skills, maintain their interest in safety and illustrate the organization’s commitment to creating a healthy & safe work environment.

**Who & When?** Generally, these Safety Talk meetings are led by a supervisor, member of the JHSC, or Worker H&S Representative and should be mandatory for all crew members to attend. The content should be focused on a single topic. Safety Talks can be performed on a weekly basis or before the start of a new scope of work and should be about 15 minutes in duration.

go2HR developed this safety talk template for employers to customize and use for any topic in their organization. The Participant Handout should include information that you hope the worker will retain from the safety talk content and should be handed out during the safety talk for workers to reference later. Feel free to use it at your discretion.

**Slips, Trips and Falls Overview**

Slipping, tripping, and falling are major contributors to injuries resulting in lost time at ski hills. Hazardous zones include various areas such as parking lots, icy pathways, spaces around lift stations, restrooms, stairs, tube lanes, and skating rinks. Given the snowy environment, slippery surfaces pose a continual risk. Those working indoors must exercise heightened caution due to wet and icy conditions caused by tracked-in snow, especially when navigating between buildings. Maintaining awareness of potential dangers and wearing appropriate footwear are essential for injury prevention.

**Safety Talk Outline (using the handout below):**

- Preventative Measures

- Discussion Questions

**Additional Resources:**

- [go2HR Ski Areas](https://www.go2hr.ca/health-safety/ski-areas)

## Topic Overview:

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## Safety Talk Facilitator Guidance

🞏 **Introduce** the topic and why it’s important

🞏 **Discuss** the associated hazards and likely incidents

🞏 **Tour** the work zone identifying hazardous areas

🞏 **Distribute** the Participant Handout

🞏 **Use** the info above to guide the discussion

🞏 **Document** the talk using the Safety Talk Record

🞏 **Explain** what controls are used to minimize the risks

🞏 **Remind** employees about applicable PPE usage

🞏 **Emphasize** the importance of safe work procedures

🞏 **Ask questions** to generate group discussion

🞏 **Answer any questions** or concerns they might have

🞏 **Set a good example** by working safely at all time

# Slips, Trips and Falls Prevention

Safety Talk Record

|  |  |
| --- | --- |
| **Discussion Leader:** | **Date:** |
| **Department:** | Time: |

### Attendees (Please print your name and sign beside it. If you are a contractor, also include your company name):

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### Near miss/incidents and investigations reviewed: ☐ None this month

### Any questions or concerns from workers?

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| --- | --- | --- | --- |
| **Action needed:** | **Person responsible:** | **Due date:** | **Completed date:** |
|  |  |  |  |
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| --- | --- |
| **Supervisor/Manager print name & sign:** | **Date:** |

### Reviewed by:

# Slips, Trips and Falls Prevention

Slipping, tripping, and falling are major contributors to injuries resulting in lost time at ski hills. Hazardous zones include various areas such as parking lots, icy pathways, spaces around lift stations, restrooms, stairs, tube lanes, and skating rinks. Given the snowy environment, slippery surfaces pose a continual risk. Those working indoors must exercise heightened caution due to wet and icy conditions caused by tracked-in snow, especially when navigating between buildings. Maintaining awareness of potential dangers and wearing appropriate footwear are essential for injury prevention.

**Preventative Measures**

Here are some essential strategies to prevent slips, trips and falls on ski hills:

**Footwear Safety**

- Wear seasonal footwear with adequate tread for outdoor walking and secure laces

- Use boot grips like Yak Trax to improve traction on slippery surfaces

**Safe Movement Practices**

- Give yourself ample time to travel between locations to prevent rushing

- Slow down on wet and uneven surfaces to avoid slips

- Be vigilant for snow, ice, water, food, grease, oil, sawdust, soap, or debris on pathways

**Body Positioning and Awareness**

- Keep hands free and use three-point contact when possible (2 hands and 1 foot, or 2 feet and 1 hand)

- Avoid distractions such as cellphone use or wearing headphones while walking

- Clean footwear thoroughly on doormats and remove snow before entering indoors

- Consider changing shoes for indoor work

**Specific Hazard Prevention**

- Ensure ladder rungs are clear of mud, water, or debris before use, and always maintain three-point contact

- Exercise caution on stairwells, avoid running, and keep vision unobstructed while carrying loads

- Use extra caution when wearing ski boots

**Environmental Considerations**

- Stay informed about changing weather conditions that could affect walking surfaces

- While using machinery, use proper three-point dismount/mount techniques and use handles and steps provided

- Maintain clear pathways, promptly clean up spills, and remove clutter to prevent accidents

**Reporting and Risk Assessment**

- Inform supervisors of areas requiring maintenance, including ice or snow buildup, pot holes, wet floors, etc.

- Report areas that could benefit from safety enhancements like mats, signage, or improved lighting

- Engage in risk assessment processes, identify hazards, and implement control measures to mitigate risks

**Discussion**

- Discuss our site: where are slips, trips and falls common and what can we do to prevent injuries in these spots?

- Can we share any success stories for effectively preventing a slip, trip, or fall?

Participant Handout

### For more information on this topic or if you have questions, contact: