

# FALLS ON THE SAME LEVEL

Slip, trip and fall injuries are some of the most common and costly injuries that occur in the workplace each year.

Many people assume falls from heights cost companies more than falls on the same level, but that is not the case.

- CAUSES OF FALLS ON THE SAME LEVEL
- PREVENTION OF FALLS ON THE SAME LEVEL



**BC Forest Safety**

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# FALLS ON THE SAME LEVEL



## CAUSES OF FALLS ON THE SAME LEVEL

Falls on the same level are defined as a slip, trip, or fall where the worker either impacts an object or the floor on the same level they are standing. Slip and trip hazards are often the cause of these types of incidents. The exact hazards that cause the incidents can vary greatly depending on the workplace. Here are some common causes:

- OILY OR WET WALKING SURFACES
- ICE/ SNOW IN COLDER CLIMATES
- UNEVEN TERRAIN
- CRACKS OR CHIPS IN A WALKING SURFACE
- CHANGES IN ELEVATION
- OBJECTS ON THE FLOOR
- CORDS/AIR LINES
- IMPROPER OR DAMAGED FOOTWEAR

## PREVENT FALLS ON THE SAME LEVEL

- PRACTICE GOOD HOUSEKEEPING AND ORGANIZATION OF WORK AREAS. MANY OF THESE HAZARDS, ESPECIALLY TRIP HAZARDS, CAN BE ELIMINATED BY KEEPING A TIDY WORK AREA.
- DO NOT BE DISTRACTED WHEN WALKING THROUGH WORK AREAS. LOOKING AT YOUR PHONE OR SOMETHING ELSE CAN CAUSE YOU TO MISS HAZARDS THAT CAN LEAD TO A SLIP OR TRIP.
- ENSURE YOU HAVE PROPER FOOTWEAR FOR YOUR WORK AND IT IS IN GOOD CONDITION.
- CLEAN FOOTWEAR OF MUD, SNOW, ICE OR MOISTURE WHENEVER POSSIBLE WHEN COMING FROM OUTSIDE.
- ENSURE THERE IS PROPER LIGHTING IN WORK AREAS AND THAT ANY CHANGES IN ELEVATION ARE BRIGHTLY MARKED.

Slips, trips, and falls are responsible for countless injuries in the workplace each year. Take time to evaluate your work area regularly for hazards that may cause injuries. It is important to eliminate as many hazards as possible in your workplace to avoid getting hurt.



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