



AVOIDING SLIPS, TRIPS & FALLS

Most slips, trips and falls are preventable!

WHAT ARE SOME FACTS?

Approximately 654,000 emergency department visits in Canada each year are due to accidental falls. Two-thirds of injuries are same-level falls injury (wet floors, clutter, uneven surfaces) which are the most common type of fall injury.

WHAT ARE MAIN CAUSES?

Most slips, trips, and falls are caused by wet surfaces, cluttered walkways, uneven flooring, poor lighting, and improper footwear.

WHAT ARE PREVENTATIVE MEASURES?



HOUSEKEEPING

- Clean up water, snow, or food spills right away, especially in kitchens, bathrooms, and entryways where surfaces can become slippery.
- Ensure there is enough space to move easily between rooms without needing to step around furniture or obstacles.



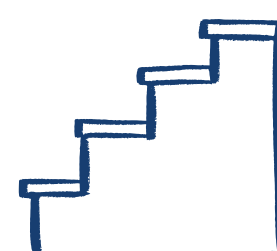
STAYING FOCUSED

- Avoid distractions such as cell phone use or multitasking while walking.
- Keep your head up and eyes forward to scan for hazards, especially on uneven surfaces, or when transitioning between indoor and outdoor areas.



WALKING SURFACES

- Use non-slip backing or double-sided tape under area rugs and bathmats or remove them entirely if they cannot be secured.
- Remove clutter such as shoes, bags, cords, and pet toys from floors, stairs, and hallways.
- Use salt or sand on icy walkways, driveways, and steps. Walk like a penguin by taking small, slow steps and use handrails when available.



STAIR SAFETY

- Always use handrails when going up or down stairs.
- Ensure railings are secure and extend the full length of the staircase.
- Repair loose steps, damaged carpeting, or uneven surfaces.
- Mark the edges of steps with contrasting tape if visibility is poor.



FOOTWEAR

- Wear supportive, non-slip footwear with good grip and support both indoors and outdoors.
- Avoid walking in socks or loose slippers.



LIGHTING

- Improve lighting by ensuring entrances, stairways, hallways, and bathrooms are well lit.
- Use night lights in bedrooms and bathrooms for visibility at night.