

5-minute solutions

A safety training talk used for successful injury prevention



Slips and falls: Outdoor safety

Introduction

Outdoor slips, trips and falls can occur at any-time, in any weather. Although it might look funny when someone falls, slips can cause serious injuries. Being aware of outdoor hazards can prevent you from being caught off guard.

Common Hazards

Be mindful of these hazards:

- Parking lots – potholes, large cracks
- Sidewalks – changes in elevation, holes, cracks
- Curbs – hard to see, change in elevation
- Ramps – angle, lack of handrail, holes and cracks
- Steps – uneven stairs, cracks, lack of handrail
- Lawns – uneven ground, “concealed” or hard-to-see holes
- Entrances – transitioning from outside to inside, trips on bulging or curled floor mats

Also keep an eye out for areas that accumulate water, snow and ice.

Risky Behaviors:

These behaviors will increase your likelihood of tripping and slipping:

- Running or walking too fast.
- Skipping stairs.
- Jumping over puddles or other obstacles.
- Wearing inappropriate footwear.

- Inattention to the conditions.
- Taking shortcuts not meant as travel paths.

Best practices:

- Report any unsafe conditions.
- Wear appropriate footwear. Avoid heels and smooth soles in the winter.
- Do not carry more than what you can handle safely.
- Do not carry items that obstruct your vision.
- Report entrance mats with curled or damaged edges and straighten out mats with bulges.
- Use handrails on steps.
- Report slippery areas or apply sand/salt if available.
- Pay attention to your travel path and pre-plan your route. Sometimes the shortest route is not the safest!
- Avoid taking shortcuts through lawns and walking over center islands.
- Be aware of changing weather conditions.
- Use entrance mats to wipe off water, snow, and other contaminants from your shoes.

In conclusion:

Awareness and taking the appropriate action is key. If you see a hazard, speak up! Let’s discuss our outdoor hazardous areas and what we can do here to prevent outdoor slips and falls.