

In busy workplaces like schools, where floors can quickly become wet or cluttered, slips and trips are one of the most common causes of injury. These incidents can lead to sprains, fractures, or long-term pain, impacting your well-being and ability to work.

To keep everyone safe, all workers should receive initial and annual refresher training on the following topics related to slips, trips, and falls:

- Sections of the OHS program that apply to slips and trips
- What slips and trips are, and their causes and consequences
- Common hazards – e.g. wet entrances, cords across walkways, loose rugs
- How to report incidents – Who to tell and how to document it
- Spill response – How to report, where to find the kit, when to use it
- Footwear policy – What's considered acceptable on your site
- Winter weather plan – How snow and ice are managed, and your role
- Housekeeping standards and expectations
- Expected workplace practices, such as:
 - Wear appropriate footwear for your task
 - Don't carry anything in your arms that blocks your vision
 - Use a cart or a dolly when moving loads
 - Focus when walking. Don't be distracted by things like phones
 - Pay attention to signs
 - Use designated paths instead of shortcuts
 - Walk. Don't run
 - Slow down
 - Use handrails
 - Report spills and slip/trip hazards
 - Clean up small spills
 - Pick up trash

What the law says about footwear ([WorkSafeBC](#) 8.22):

Your footwear must:

- *Be suitable for your work and the hazards around you*
- *Help protect against slips, trips, and injuries*
- *Be in good condition—replace them if they're worn out*

When choosing footwear, factors like the following must be considered:

- *Slippery surfaces, uneven ground*
- *Risk of falling objects or sharp debris*
- *Need for ankle support*
- *Cold, heat, or chemical exposure*

If you notice a potential slip or trip hazard or have any question about your footwear, speak up right away. By reporting it to your supervisor or safety rep, you're helping keep yourself and your team safe. Every report makes a difference.

Worker

Rights

- You have the right to know about hazards in the workplace.
- You have the right to participate in health and safety activities in the workplace.
- You have the right to refuse unsafe work.

Responsibilities

- Be alert to hazards. Report them immediately to your supervisor.
- Follow safe work procedures. Don't work if you are impaired by alcohol, drugs, or fatigue.
- Use the required protective clothing, devices, and equipment. Use them properly and take care of them.
- Get treatment quickly if you are injured on the job, and report the incident to your supervisor.