Walking Safely - Preventing Slips, Trips, and Falls Year-Round

Walking safely applies in all seasons! Distractions, carrying too many items combined with changes in terrain can pose challenges when walking.

Follow these practices to lower the risk of slips, trips and falls:

Be aware of your surrounding

- Heads up when turning corners
- Avoid distractions! Keep your eyes on the path – not on your phone!

Slow down

- Especially on stairs or gravel surfaces
- Obey caution signs, where floors may be wet

Choose appropriate footwear

- Avoid loose or damaged footwear or limited support like flip flops
- Consider solid footwear with fitted straps
- Low-heeled footwear with good treads are ideal for walking

Observe the path

- Watch for changes in terrain: uneven footing such as dips, or rubble, sticks or curbs
- Carry small loads – don't impair your line of sight
- Pay attention to transitions or metal surfaces such as grates, doorway strips or moving from wet carpet to tile

Keep hands free

- Free hands and arms can assist your balance
- Hold handrails on stairs
- Consider a backpack or cart to move loads

Report damage or blocked paths – to supervisors, facility managers

- Report damage to walkways
- Report burnt out or blocked lighting
- Report blocked exits or walkways

Report injuries or incidents

Follow the University Injury Reporting Process [1] and complete the Incident Reporting Form [2]. [3]

General resource on the Prevention of Slips, Trips and Falls in any season and indoors:

- General Poster on Slips, Trips and Falls [4]

Additional resources on the Prevention of Slip Trips and Falls in Winter:

- EHS Winter Bulletin [5]
- EHS Winter Poster-Guelph Campus [6]
- EHS Winter Poster-Ridgetown Campus & Research Stations [7]
- Physical Resources - Snow Help on Guelph Campus [8]

Source URL:https://www.uoguelph.ca/hr/about-hr/environmental-health-safety-ehs/ehs-programs-policies-guidelines-and-forms/preventing-0

Links
[1] https://www.uoguelph.ca/hr/about-hr/environmental-health-safety-ehs/incident-and-injury-reporting/injury-reporting-process [2] https://www.uoguelph.ca/hr/system/files/Incident%20Reporting%20Form_3.pdf [3] https://www.uoguelph.ca/hr/system/files/Incident%20Reporting%20Form_2.pdf [4] https://www.uoguelph.ca/hr/system/files/Preventing%20STF%20%281%29.jpg [5] https://www.uoguelph.ca/hr/about-hr/environmental-health-safety-ehs/ehs-bulletins [6] https://www.uoguelph.ca/hr/system/files/Winter%20Slip%20Trip%20Fall%20%2011x17%20Poster_0_0.pdf [7] https://www.uoguelph.ca/hr/system/files/Slip%20Trip%2011x17%20Poster_Ridgetown%20and%20Research%20Stations_0_0.pdf [8] https://www.uoguelph.ca/hr/system/files/snow_help_poster2.pdf