

# NBSIA Member Services Safety Bulletin

January 2019

## PREVENT SLIPS AND TRIPS DURING THE RAINY SEASON



Slip and trip accidents increase during this time of year—when there is less daylight, leaves fall onto walkways, and wet weather causes slippery conditions. Here are some ways you can take action to reduce hazards

and make your site safer during the rainy season:

### Lighting

- Replace all light bulbs that are out.
- Make sure all pathways are properly lit (both indoors and outdoors) to ensure visibility.
- Survey employees to find out where more lighting might be needed.
- Ensure lights on timers have been adjusted for daylight savings and that parking lot lights stay on later for evening events.
- Trim foliage that might block paths, reduce visibility or otherwise cause a tripping hazard.

### Wet Leaves

- Fallen leaves that become wet or have started to decay can create slip risks in two ways: they hide any hazard that may be on the path or they themselves create a slip risk.
- Make sure leaves are cleaned up regularly, especially after storms, when it is windy, and in areas where leaves pile up.

### Rain Water

- Do not take shortcuts through grass or dirt, which can become slippery.
- Consider adding bark to paths where people habitually cut through lawns or dirt.
- Make sure entry way carpets lay flat and are in good condition. Use slip-resistant, absorbent mats. Buy new mats if needed.
- Place buckets for umbrellas as close to entry doors as possible.

- Make sure any outdoor canopies over doorways are in good condition and do not have holes.

### Dress Appropriately

- Wear appropriate footwear. Even if you work indoors, wear shoes with thick tread that will not trap water under your feet and cause you to slip.
- Wear water resistant outer-wear to prevent your clothes from becoming water-logged. Soggy clothing will drip indoors, causing a slipping hazard.
- Avoid wearing pants that drag on the ground, this can cause tripping and cause water to soak into your pants legs and drip on floors.

### Be Cautious

- Walk, don't run. Rushing will increase your risk of falling—especially during inclement weather.
- Support yourself—use hand rails as you go up and down stairs.
- Ask for help carrying bulky items. Avoid carrying so much that you cannot see your path.
- Wipe your feet as you enter a building.
- Practice good situational awareness by observing and being mindful of your surroundings.
- Look at the path ahead of you. **Avoid texting while walking.**
- Report any unsafe conditions immediately.



Source

<https://www.grainger.com/content/qt-slips-trips-falls-prevention-regulations-351>

<http://www.hse.gov.uk/logistics/slips-trips-bad-weather.htm>



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