

Volunteer Education: Slips, Trips and Falls Prevention

As a volunteer and a visitor to St. Joseph's, you can help us prevent falls.

Functional Footwear

Please wear footwear that has a closed toe, closed low heel, is comfortable and has a sole that prevents slips on walking surfaces.

Functional footwear helps to protect the foot from hazards and facilitates performance, especially for workers who transport patients and supplies. Any person at risk for impact from light objects (such as a wheelchair) should wear functional footwear. Functional footwear for people working outdoors and in the community includes winter boots with tread, ankle support and insulation.



To help avoid injury:

- Walk slowly, focused on the path ahead - avoid distractions (talking on cell phone, etc.)
 - Where possible, avoid slippery surfaces, such as wet leaves, icy areas and snow banks - be prepared for black ice formation after melting occurs.
 - Give yourself enough time to get where you're going without rushing
 - In poor weather, wear footwear with slip-resistant soles, low heels, and that are warm /waterproof. Change into indoor footwear upon arrival to facility.
 - Use handrails on stairs/sidewalks where available and avoid carrying too many items -use a backpack to keep your hands free.
 - Check to make sure entrance areas and stairs are clear of snow and slush.
- Tracked-in snow and slush often causes slips and falls. Watch for slippery floors when entering buildings – let staff know if a sign is needed to warn others about the risk.
 - Clean your shoes when you go inside. Caked snow and ice on shoe soles can cause slips and falls.
 - Report all slips, trips, potential fall hazards and incidents to your supervisor.
 - Report slippery conditions outside building to security (44555) for immediate attention.
 - Keep work area tidy, with cords and cables tucked in for safety.
 - Notify staff of spills and liquids promptly.
 - Notify staff if a light is not working.

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



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