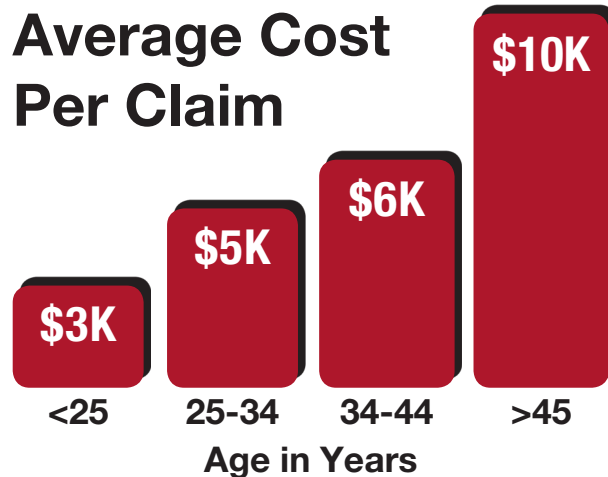
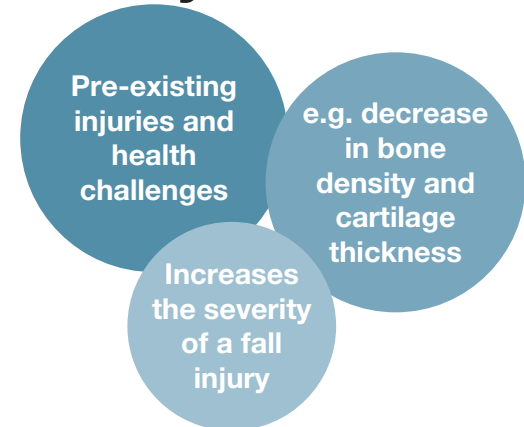


# Avoiding Fall on Same Level Injuries

Fall related injuries can affect workers of all ages and experience. The claim cost data from 2013 to 2016 suggests workers aged 45 years and older may sustain severe fall injuries, resulting in higher claim costs.



## Did you know?



## Factors that may lead to severe fall injuries for seasoned workers

- Reduced dexterity and muscle strength
- Slower reaction time
- Vision and hearing changes
- Pre-existing injuries and health challenges
- Failure of employer and employee to recognize limitations

## What Can Workers Do?

Know your workplace:

- » Complete pre-job hazard assessments before you start work
- » Identify obstructions in your surroundings
- » Keep the foot path clear and tidy up any spills or messes immediately

Reduce your risk:

- » Wear appropriate footwear and traction aids
- » Keep your eyes on the path
- » Use handrails and grab bars (i.e. three points of contact)
- » Safely lift and carry loads (i.e. have a co-worker help)
- » Don't carry tall loads that block your view

## What Can Employers Do?

Inform workers of:

- » Workplace hazard assessments and controls
- » The company's Physical Demands Program, if available
- » Lifting and carrying policies and procedures
- » The use and limits of footwear and traction aids

Have an efficient workplace:

- » Minimize tasks that involve travelling over hazardous paths, stairs and ladders
- » Keep tools, equipment and products within reach
- » Provide warning signs for slip, trip and fall hazards
- » Ensure work areas have appropriate lighting

**Ask yourself:** Am I providing a safe work environment that reduces the risk of fall injuries for workers?

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