

KEEP SHOES CLEAN AND WELL MAINTAINED

Always wipe your feet on the floor mats, even in dry weather, when entering the school. Try to keep shoe soles free of mud, dirt and water.

If you wear high heels maintain them to prevent heels from getting worn or rounded. Check your shoes regularly and have them repaired promptly when required.

WEAR COMFORTABLE, SLIP RESISTANT SHOES

The composition of the shoe soles and shape of the heels are very important. Wearing shoes with slip-resistant soles and low or flat heels will significantly reduce your chance of slipping. The goal is to increase the friction between your shoe and the surfaces you work or walk on. Shoes, which have more surface area in contact with the floor and have slip resistant soles, will decrease the chance of slipping.

Wearing high heel shoes increases the risk of slipping, especially when walking across a wet floor or dirty floor. High heel shoes also increase the chance of twisting ankles on uneven or rough surfaces. To reduce these risks, make sure the heel offer maximum contact area with the floor, are flat, provide comfortable ankle support and are made of a slip resistant material.

Safe footwear also means wearing shoes that give support, fit well and are comfortable.

WHAT SHOULD YOU LOOK FOR IN ANTI-SLIP FOOTWEAR?

Anti-slip footwear is characterized by an outer sole made of anti-slip materials such as single or dual density polyurethane, rubber and rubber composites. The outer soles have tread patterns designed to channel liquids out from under the foot, providing increased traction and safety.

Listed below are some ratings of recommended materials for slip resistant soles.

Excellent

High Density Rubber
Vibram
Vinyl Flex
Chemigum
Neo Crepe
Nitrile

Good

Blown Rubber
Leather
Neoprene
Krayton
Rubber

Unfortunately, there is no method of testing slip resistance at the point of purchase. Therefore, it is important to consult a qualified and knowledgeable footwear supplier. Make sure the supplier knows the conditions for which your anti-slip footwear is needed.

SLIP INJURIES ACCOUNT FOR 15% OF ALL TIME LOSS INJURIES IN SCHOOL DISTRICTS.

A study in one school district revealed that female teachers have more than twice the per capita risk of a slip injury inside the school than male teachers.

TIPS

On

SLIPS



AVOID BEING A STATISTIC!

BC SCHOOL SAFETY ASSOCIATION

WHAT IS A SLIP?

A slip is a loss of footing that happens to almost everyone at one time or another. Slips can occur when there is too little friction between your feet and the surface you walk on resulting in a momentary loss of balance.

SOME COMMON CAUSES OF SLIPS

Slippery Surfaces

Walking on smooth floors where rain drippings, water fountain puddles, spilled pop and tracked in mud and sand may be present.

Garbage on Floors

Stepping on discarded food, pencils or paper left on school floors and hallways. This can be a particular concern during the lunch break.

Distractions

Carrying bulky objects that restrict vision; looking back at students while continuing to walk or change direction too quickly.

Inadequate Footwear

Wearing shoes that have soles or heels made from material with low slip resistance ratings.

Sudden Changes in Type of Floor Surface

Stepping onto a smooth tile floor from a concrete walk (e.g., at entry doors) or stepping from a rug onto a linoleum or tile floor. This presents a change in the friction between the shoe and the floor surface.

WHAT CAN YOU DO TO REDUCE YOUR CHANCE OF SLIPPING?

We all share a responsibility to prevent injuries from slips in our schools. While the school is responsible for providing clean and dry surfaces to walk on, we must be aware that normal student use during the day can degrade the floor condition. However, there are several things that you can do to help yourself and fellow employees avoid slipping on slippery or wet surfaces in the schools.

PRACTICE SAFE WALKING SKILLS

Walking Posture

Always walk in a straight line and look in the direction you are walking.

Walking Up and Down Stairs

Follow these simple pointers and stay ahead of all stairway slips.

- Never carry anything that blocks your vision, particularly when going up or down stairs.
- Keep your eyes on the steps so that loose steps or slippery debris will not trip you.
- Use handrails as support.
- Don't run or skip stairs.
- Don't look back to talk to people while climbing stairs.



WALKING ON WET OR SLIPPERY SURFACES

If you must walk on wet or slipper surfaces, you can reduce the possibility of slipping by taking a few simple precautions.

- Take short steps to keep control of your balance.
- Walk with your feet pointed outward slightly and make wide turns at corners.
- Pay attention to the surface you are walking on – it may become wet or slippery or be covered with litter.
- Slow down, especially when you near a corner as someone may be approaching from the opposite direction. Also, maintain your balance and control your momentum.



HAVE SPILLS AND DEBRIS CLEANED UP RIGHT AWAY

Whenever you see water, mud, pencils, paper, food or other substances on the floor, no matter how small, clean it up right away or mark the spill with a sign, paper towels or wastebasket.

Rainy days always present a problem when wet individuals, carrying dripping umbrellas, enter the schools. Try to minimize the amount of water brought into the schools by shaking wet umbrellas outside before you enter and encourage students to do the same. If water accumulates on the floor during these times, advise the custodial staff immediately.