

Safety-Gram

Title 45, Chapter 11

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Slips, Trips, and Falls

Slip, trip, and fall hazards put miners at risk, and extra caution is needed during winter months. Mine operators and employees must conduct adequate safety checks to identify and eliminate hazards without delay. The severity of injuries in most cases is limited to bruises, sprains, fractures, etc., but falls from heights can result in broken bones, internal injuries, permanent disability, and even death. Learning to spot hazards and acting promptly to prevent slips, trips, and falls help create a safer working environment for all workers on a mine site.

HOW DO THEY HAPPEN?

There are three things involved in slips, trips, and falls — *friction, momentum, and gravity*.

- ✓ **Slips:** Loss of balance caused by a lack of traction.
Causes: Wet, icy, or oily surfaces, dust, or wearing unsuitable footwear.
- ✓ **Trips:** Loss of balance when your foot hits an object or a sudden drop.
Causes: Clutter, uneven surfaces, trailing cords, or obstructed views.
- ✓ **Falls:** When a slip or trip causes you to lose your balance and fall.
Causes: A slip or trip, or working at heights without fall protection.



BEST PRACTICES FOR WINTER SAFETY

1. **Clear Walkways, Ramps, and Work Areas Regularly.** Apply salt and sand where needed.
2. **Maintain Safe Footing.** Wear proper footwear and keep boots free of ice, snow, mud, grease, and oil.
3. **Use Caution When Accessing Elevated Work Areas.** Always maintain three points of contact when climbing ladders and equipment.
4. **Inspect and Winterize Equipment.** Check batteries, fuel lines, and brakes to ensure equipment is winter-ready.
5. **Clear Snow and Ice.** Keep windshields, mirrors, and lights free from snow and ice to improve visibility.
6. **Test Heaters and Defrost Systems.** Confirm proper functioning of equipment cab heating and defrosting systems for visibility and comfort.
7. **Drive Cautiously.** Reduce speeds in icy or snowy conditions, maintain safe distances, and beware of black ice on roads.



Title 45, Section 914

- 914.1** Safe means of access shall be provided and maintained to all working places;
914.2 Crossovers, elevated walkways, elevated ramps and stairways shall be of substantial construction, provided with handrails and maintained in good condition. Where necessary, toe-boards shall be provided;
914.10 Ladderways, stairways, walkways and ramps shall be kept free of loose rock and extraneous materials;
914.13 Openings above, below or near travelways through which men or materials may fall shall be protected by railings, barriers or covers. Where it is impractical to install such protective devices, adequate warning signals shall be posted;
914.17 Slippery walkways shall be provided with cleats and handrails and/or ropes;
914.18 Regularly used walkways and travelways shall be sanded, salted or cleared of snow and ice as soon as practicable.