



Slips, trips & falls: stay safe, don't slip tip sheet

Did you know?

Many slips, trips and falls are preventable. Winter and wet conditions are some of the most common causes of losing traction which is why we wear winter boots and use winter tires. There are some easy ways to make sure that you, your loved ones and your CTA driver don't slip up this year. We've shared tips below and a checklist on the back of this handout to help prevent you from slipping, tripping or falling.

What are some easy ways I can prevent slipping, tripping or falling?

Both slips and trips can happen when the ground is slippery from wet or icy conditions but there are other tripping hazards to be aware of, including things on the ground like electrical cords, tree roots or fallen branches. By keeping the path to and from your home clear, you can make sure neither you nor your driver is at risk when going to/from the vehicle for your ride.

What are some tips I can use to prevent a slip, trip or fall?

- Wear shoes with a good grip; for customers who use mobility devices, if you can, make sure the parts contacting the ground have good grip.
- Keep your path clear of tripping hazards.
- Clean up spills right away or ask someone who can to help you.
- Accept the escort when your driver offers it - your driver is there to provide assistance with mobility devices as needed.
- Use a railing if one is available (a wall can work if there isn't a railing) and put your phone away so you are focused on where you're going.
- Use a sand or brine mixture in the winter months to melt ice that forms on pathways.
- Shovel pathways (or ask someone like a friend, neighbour or family member to do so) when it snows.

If you have questions about this information sheet, send us an email at calgarytransitaccessinfo@calgary.ca or call us at 403-537-7777 option 4.



Checklist

Some of the below items may or may not apply to you. Please use this as a guide where it fits your situation. For example, not everyone has a porch light – apartment buildings or assisted living facilities will be responsible for ensuring outdoor areas are properly lit.

The path to/from my door is shoveled, clear of ice and snow ____

Brine mix or sand has been spread on the ground in wet, slippery spots ____

The shoes I am wearing have good grip on the soles and are appropriate for the weather ____

My mobility device (walker, wheelchair, scooter etc.) is in good condition; proper contact is being made with the ground ____

I have left my porch light on so that I and my driver can see where we are going when we are going to/from the door/vehicle ____

My driver offered to escort me to/from the vehicle and I said yes ____

There is no debris on the path to/from my door (look for branches, large rocks, cords or anything else that might cause someone to trip) ____

I am paying attention to where I am going and am not distracted by things like my phone as I move ____

I'm aware of trying to make three points of contact wherever I can ____

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