



Slips, Trips and Falls On-Line Training Record

Circle the Correct Answer

1. Which of the following reduces your risk of slipping and falling?

- a) Being aware of where you are walking
- b) Wearing solid, textured sole shoes with low heels
- c) Selecting designated walkways safe for current weather conditions
- d) Walking, not running
- e) Avoiding carrying heavy or awkward loads
- f) All of the above

2. One of the most important causes of slips, trips and falls in the workplace is poor housekeeping practices.

- a) True
- b) False

3. Trips can be reduced or eliminated by:

- a) Ensuring equipment, cables, wires and clutter is removed off floors
- b) Replacing damaged steps
- c) Using the hand rail when ascending and descending stairs
- d) Tacking down loose carpeting
- e) All of the above

4. At McMaster, the number one location for slips, trips and falls is:

- a) Path and sidewalks
- b) Stairs and stairwells
- c) Parking areas
- d) Building entrances
- e) Offices and hallways

5. Which of the following should not be practiced when working on a ladder?

- a) Maintaining three point contact
- b) Working on the ladder with more than one person
- c) Setting it up on a flat, stable surface
- d) Inspecting the ladder before use

Date:	<u>PLEASE PRINT CLEARLY</u>	Supervisor Name:
Employee Name:	Department	Supervisor Signature:
Employee Signature:		Supervisor Email:
Employee Email Address	Employee Phone Extension	Supervisor Phone Extension:
Employee/Student ID number:		

This test record must be completed by the individual participating in the training. This test record is the documented record of your participation in this training. The intent of this record is to prove one's review of specific training materials. By signing these documents, you agree that you have reviewed the appropriate materials in detail and understand them. Please forward the original or a copy of this test record to the EOHSS office. Please retain a copy for your records. **If you are from the Faculty of Health Science, please send your forms to the FHS Safety Office in HSC 1J11 or fax to 905-528-8539**