Western
UNIVERSITY · CANADA

Safe Navigation of our Campus



Practical Strategies to Prevent Slips, Trips, & Falls

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Learning Objectives



1. Identify construction-related safety hazards on campus
2. Understand how to navigate campus safely to prevent slips/trips/falls
3. Appreciate features of safer footwear
4. Learn how to build better balance and stability

What is your biggest campus navigation challenge?

- Construction detours
- Crowded walkways
- Uneven surfaces
- Distracted pedestrians
- Winter conditions

Construction projects = changing environments
Anyone can fall, not just seniors!

Improving your situational awareness, movement habits, and balance can prevent falls.

How do falls happen?

Environmental hazards + human factors

Environmental Factors	Human Factors
Uneven pavement	Inattention
Construction debris	Looking at phones
Temporary fencing	Carrying heavy loads
Crowded sidewalks	Fatigue
Poor visibility	Poor balance
Bad weather	Unsupportive footwear





What happens during a fall?

Loss of balance

Delayed reaction time

Inability to recover posture

Impact on wrists, knees, hips, head, shoulders

Potential Consequences

Sprains, strains, fractures, concussions

Reduced mobility

Time away from work

Situational Awareness

Use a “heads up” walking approach

REDUCE COMMON DISTRACTIONS:

- Smartphone
- Texting while walking
- Earbuds at high volume
- Multitasking
- Rushing between meetings



Strategies for Better Awareness

- **SCAN AHEAD:** 5-10 metres
- **IDENTIFY HAZARDS EARLY:** elevation changes, loose gravel, temporary ramps, wet surfaces, crowds, bottlenecks, construction equipment
- **ANTICIPATE MOVEMENT:** cyclists, e-scooters, delivery vehicles, other pedestrians

Safety Habit:

Pause, Scan, Proceed

Construction Zone Safety

Follow Designated Routes

Respect Barriers

Be Alert to Temporary Conditions

Reduce Speed

Leave Personal Space

Use Handrails

Carry Loads Safely





Stay Up to Date on the Latest Road Closures

The Facilities Management Website lists all ongoing construction projects and sidewalk/road closures

Report Hazards!

Use the Accident/Illness/ Incident Reporting (AIIR) Form

ACCIDENT/ILLNESS/INCIDENT REPORTING FORM & INVESTIGATION REPORT
Email completed form (**within 24 hours**) to uwoaiir@uwo.ca or fax to 519-661-3420 (83420)

Section 1: Accident/Illness/Incident Reporting Form

Part A

Name of Employee: _____ Western ID Number: _____

Employee's Contact Information: Phone Number: _____ Email: _____

Employee Group (*if applicable*):

☐ UWOSA ☐ PMA ☐ CUPE 2361 ☐ CUPE 2692 ☐ IUOE ☐ SAGE ☐ UWOFA ☐ UWOFA-LA ☐ OPSEU
☐ PostDoc Assoc ☐ PSAC 610

Status: ☐ RF ☐ RP/TF ☐ TP ☐ Undergrad Student ☐ Grad Student ☐ Other/Visitor

Type: ☐ Occ. Illness ☐ Accident ☐ Incident ☒ No Injury/Hazard ☐ First Aid ☐ Health Care ☐ Lost time ☐ No Lost Time

Part B

Date of Accident/Illness/Incident: _____ Time of Accident/Illness/Incident: _____ ☐ am ☐ pm

Date Reported: _____ Time Reported: _____ ☐ am ☐ pm

Reason for Report (**Check all that apply**):

☐ Abrasion/Contusion	☐ Cut/Laceration	☐ Heat Stress	☐ Psychological
☐ Allergic Reaction	☐ Dizziness	☐ Medical Symptoms	☐ Slip/Trip/Fall
☐ Animal/Insect Bite	☐ Fire/Explosion	☐ Loss of Consciousness	☐ Sprain/Strain
☐ Blood/Body Fluid Exposure	☐ Fracture	☐ Motor Vehicle Accident	☐ Struck by/Struck against
☐ Burn	☐ Hazardous Substance	☐ Needle Stick	☐ Violence/Harassment

☐ Other (if "other" explain – be specific)

_____

Description: In the box below, provide a description of Accident/Illness/Incident: (What happened? What was the person doing? Was there any equipment, people or materials involved (identify the size, weight, and type?).

_____


For urgent safety notifications that are not an emergency, call **FM Client Services** at ext. 83304 or by dialing 519-661-3304

Footwear Matters More Than You Think!
Features of Safer Footwear:



LOW HEEL



GOOD TRACTION



FIRM HEEL SUPPORT



SECURE LACES OR STRAPS



SLIP-RESISTANT SOLE

Footwear to AVOID on Campus



FLIP-FLOPS



WORN-OUT RUNNING SHOES



SMOOTH-SOLED SHOES



BACKLESS SHOES



HIGH HEELS

Seasonal Considerations



WINTER TRACTION DEVICES



WATERPROOF FOOTWEAR

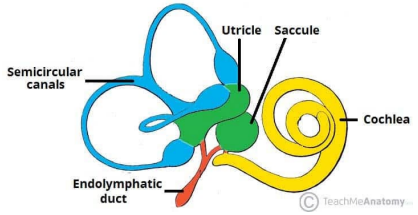


TRANSITIONING BETWEEN OUTSIDE & INSIDE (WET FLOORS)

Staying Upright to Reduce Fall Risk



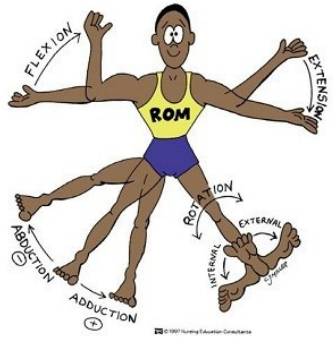
Vision



Inner Ear Function



Muscle Strength



Joint Mobility



Reaction Time

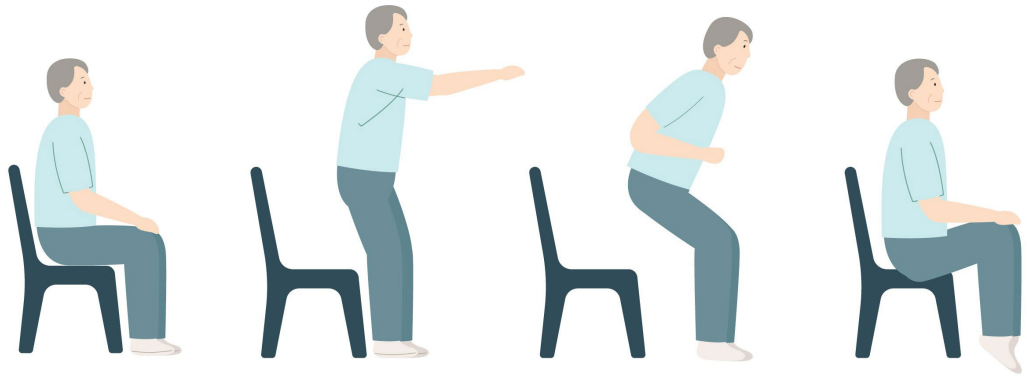
Research shows that **BALANCE** and **STRENGTH TRAINING** help reduce fall risk.

Building Better Balance: Easy At-Home Exercises

1. Sit-to-Stand

- Start by sitting on a chair with feet hip-width apart
- Lean forward slightly and press down through to your feet to stand
- Stand up from the chair without using your hands
- Sit back down in a controlled manner; avoid using momentum
- Aim for slow, accurate movements
- Repeat 10 times

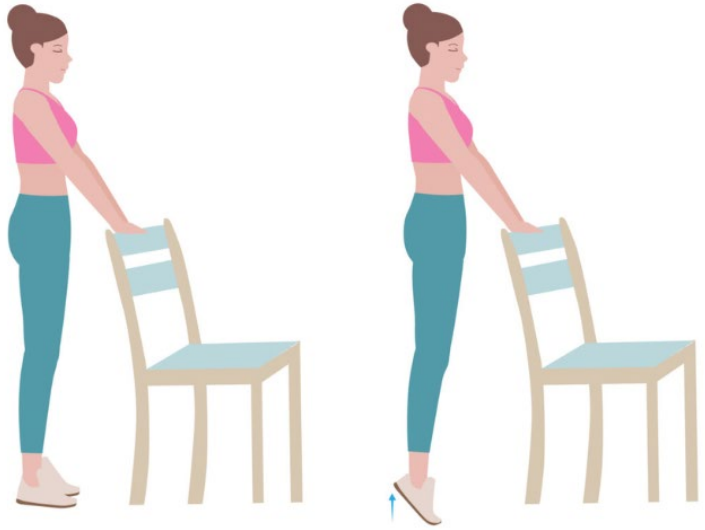
Demonstration video:



2. Heel Raises (Calf Raises)

- Start in a standing position with feet hip-width apart
- Hold on to a countertop, chair, or other secure object for support
- Lift your heels off the ground, rising onto your toes, putting your body weight on the balls of your feet
- Distribute your weight evenly over both feet
- Hold for 2-3 seconds
- Slowly lower your heels
- Repeat 10-15 times

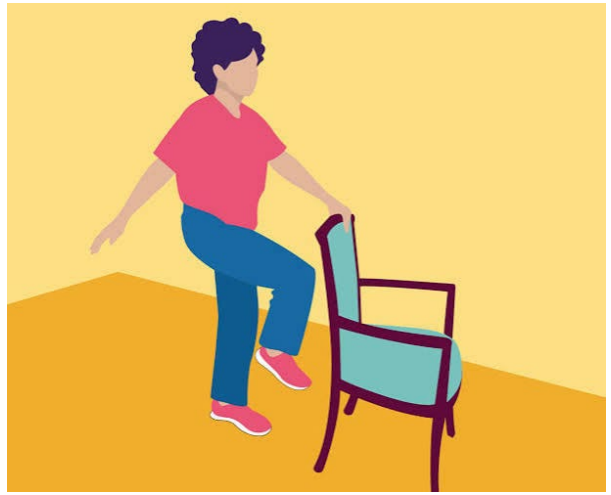
Demonstration video:



3. Single-Leg Balance

- Start in a standing position with feet hip-width apart
- Hold on to a countertop, chair, or other secure object for support
- Shift all of your weight onto one leg
- Slowly lift the opposite foot off the floor, balancing on one foot
- Keep the knee slightly bent on your standing leg; don’t lock the joint
- Hold for 20-30 seconds
- Gently lower your raised foot
- Repeat 5-10 times on each side

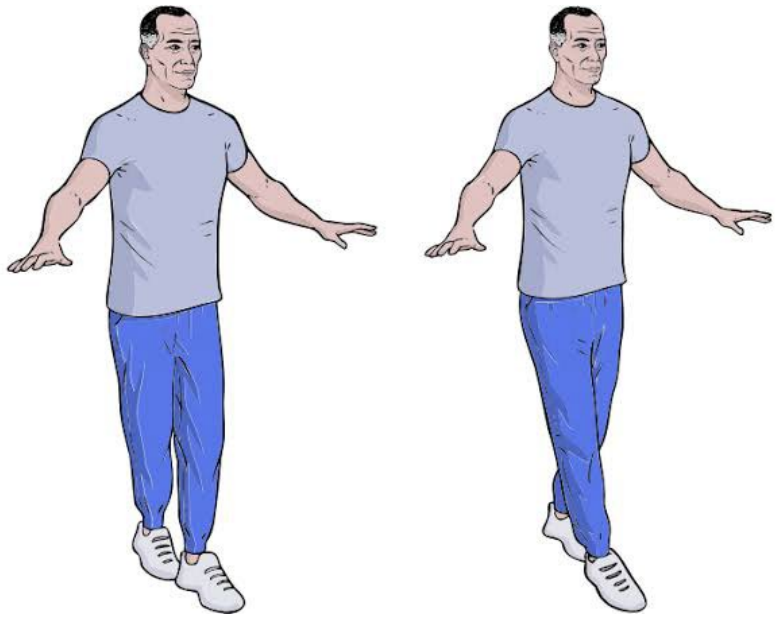
Demonstration video:



4. Heel-to-Toe Walk

- Start by standing upright, shoulders back, looking straight ahead
- Extend your arms out to the sides to stabilize your body
- Use the support of a counter or wall, if needed
- Place the heel of one foot directly in front of and touching the toes of your other foot, walking as if on a tightrope
- Travel10-20 feet forward
- Repeat 2-3 times

Demonstration video:



BONUS ACTIVITY

- Practice Tai Chi
- Tai Chi has been shown to improve stability and reduce fall risk in the elderly*
- Other benefits: low impact, increases flexibility, strengthens muscles, relieves pain, improves mental well-being

Instructional Video: Tai Chi at Home

***Tai Chi for fall prevention and balance improvement in older adults: a systematic review and meta-analysis of randomized controlled trials**
Weidong Chen, Min Li, Hai Li, Yanzhao Lin, Zhoushan Feng

Conclusion: Tai Chi is an effective exercise for preventing falls and improving balance ability in older adults, whether they are healthy or at high risk of falling. The effectiveness of Tai Chi increases with exercise time and frequency. Yang-style Tai Chi is more effective than Sun-style Tai Chi.

In Summary: 5 Habits to Reduce Falls

1. Walk with awareness, scanning for hazards
2. Use designated pathways around construction
3. Report concerning hazards
4. Wear supportive footwear
5. Maintain strength & balance

What one change could you make this week to improve your walking safety on campus?

QUESTIONS?

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