

## SLIPS, TRIPS AND FALLS

Slips, trips and falls are the most common cause of injury at work and are avoidable. Think about how slip, trips and falls could happen and who might be harmed.

### Common causes

- Uneven Surfaces
- Obstacles
- Trailing Cables
- Wet or Slippery Surfaces
- Change in Ground / Floor Levels
- Lapse of concentration
- Using ladders incorrectly
- Taking short cuts
- Unsuitable footwear
- Carrying equipment over walls and fences



### Types of hazard

- Uneven surfaces, uneven / broken paving slabs, broken ground, raised or damaged manhole covers, high or damaged kerbs and steps.
- Slippery surfaces as a result of wet leaves, moss, oil or ice.
- Flooding.
- Defective ladders, ladders too small for the task, ladders used on uneven ground.
- High walls or fences, barbed wire, hedgerows and ditches.
- Insecure barriers and gates.

**Always** adopt sensible measures to control the risks associated with your working environment.

- Risk assess each individual situation.
- Wear appropriate footwear, keep clean and free from mud, replace when worn or damaged.
- Take additional care in poor light and use alternative lighting where appropriate e.g. torch, lamps etc.
- Use the correct ladders for the task; ensure that they are in good condition and within inspection dates.
- Be extra vigilant in poor weather or when walking across fields, construction sites, compounds etc.
- Keep pedestrian routes / walkways and work areas clear of obstructions e.g. trailing cables, hoses, tools and materials etc.
- Take care getting in and out of vehicles and plant. Climb down facing the vehicle; hold on, do not jump down.

**NEVER** attempt to carry heavy weights or loads over fences, walls or open fields, be wary of hedges and ditches.

## REPORT ALL INCIDENTS AND NEAR MISSES