



**MIND YOUR  
STEP!**  **OR YOU WILL  
SLIP, TRIP  
AND FALL**

**1A**

**DISCUSSION**  
*presentation*

**HSELIFE NL** 

Management system for a safer and healthier workplace

# *Why this campaign?*

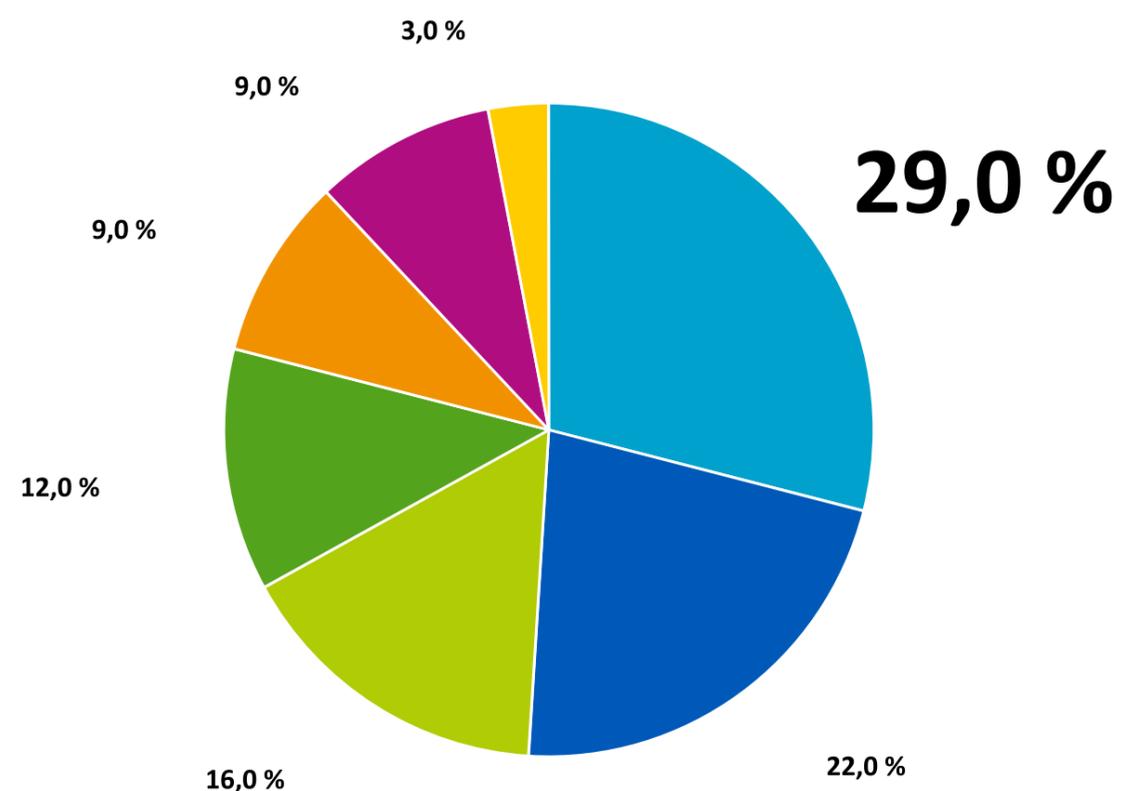
Slipping, tripping or falling on the shop floor was the most common cause of accidents at work that led to an absence of four days or more. This is shown by **Statistics Netherlands' survey figures (CBS)**.

## **Nearly 90 thousand accidents with longer absenteeism**

The survey shows that in 88 thousand accidents at work the employee has been absent for at least four days. Furthermore, the respondents indicated that in most cases there was physical injury. ***In almost 30 percent of the accidents with longer absenteeism, the injury was caused by slipping, tripping or falling in the workplace.***

# Why this campaign?

Main causes of injury in accidents at work of employees with longer absenteeism



 **Slipping, tripping or falling**

 Threatened by someone, bitten, kicked

 Hit by an object

 An entrapment

 A fall from height

 Cut, bumped

 Contact with electricity, heat, hazardous substances or noise

# Introduction

HSElife NL's MIND YOUR STEP! campaign focuses on the avoidance of incidents as a result of slipping, tripping and falling. This presentation is meant for a group discussion. Use the handout and form to write down your answers and suggestions.

Today we will talk about:

**1. PERSONAL BEHAVIOUR**

**2. OBSTRUCTIONS**

**3. HOUSEKEEPING**

**4. LOCATION**

**5. HUMAN FACTOR**

# 1. PERSONAL BEHAVIOUR

## Discussion points:

- 1 In what ways can ***personal behaviour*** contribute to slips, trips and falls?
- 2 How can we ***adapt our behaviour*** to prevent the occurrence of slips, trips and falls?

\* *NOTE: Please use the handout and accompanying form to record your answers.*

## 2. OBSTRUCTIONS

### Discussion points:

- 1 What are ***the obstructions*** that contribute to slips, trips and falls?
- 2 What ***steps can be taken*** to reduce these obstructions leading to slips, trips and falls?

\* *NOTE: Please use the handout and accompanying form to record your answers.*

## 3. HOUSEKEEPING

### Discussion points:

- 1 In what ways can ***inadequate housekeeping*** lead to slips, trips and falls?
- 2 What measures can you take ***to prevent*** these accidents from occurring?

\* *NOTE: Please use the handout and accompanying form to record your answers.*

## 4. LOCATION

### Discussion points:

- 1 Discuss the ways ***extreme weather conditions*** can lead to slips, trips and falls?
- 2 What steps can be taken ***to prevent*** slips, trip and falls occurring this way?

*\* NOTE: Please use the handout and accompanying form to record your answers.*

## 5. HUMAN FACTOR

### Discussion points:

- 1 Discuss *which human factors* can lead to slips, trips and falls and how?
- 2 What steps can be taken *to prevent* slips, trip and falls occurring this way?

\* *NOTE: Please use the handout and accompanying form to record your answers.*