



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

**1B**

**INFORMATION**  
*presentation*

**HSELIFE NL** 

Management system for a safer and healthier workplace

# *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 to indicate some causes that can lead to slips, trips and falls.

Today we will talk about:

**1. PERSONAL BEHAVIOUR**

**2. OBSTRUCTIONS**

**3. HOUSEKEEPING**

**4. LOCATION**

**5. HUMAN FACTOR**



# 1. PERSONAL BEHAVIOUR

## The main issues:

- ***Distractions*** when completing task at the location
- Allowing ***personal*** and ***professional issues*** to interfere with thought processes during the course of the day
- Feel ***tired and not rested*** before starting a task or moving around the location
- ***Incorrect work attire*** i.e. worn out soles on footwear



## 2. OBSTRUCTIONS

### The main issues:

- ***Unmarked*** obstructions at head height i.e. beams
- Obstruction on ***walkways***
- ***Complacency*** around certain obstructions that have been painted over
- ***Lack of awareness*** of obstacles around walkways

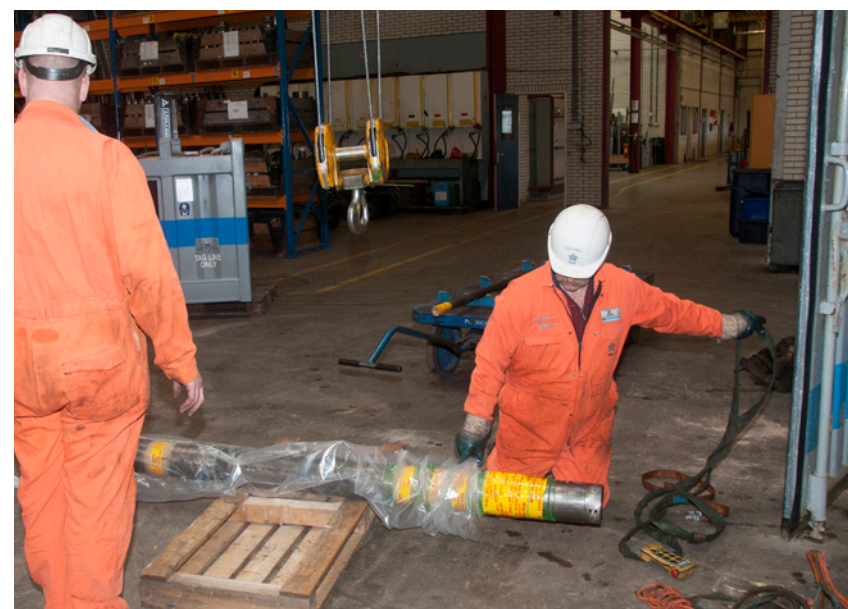




# 3. HOUSEKEEPING

The main issues:

- ***Unsecured*** lines and cables
- ***Inadequate*** storage of loose equipment
- ***Loose oil decks*** plating in machinery spaces
- ***Spillages***





## 4. LOCATION

### The main issues:

- **Access** to and from gangways
- **Inadequate lighting** i.e. time of day, lack of lighting and shadow areas
- Icy/wet surfaces due to **extreme weather conditions** or **time of day** (early dew)
- **Uneven** surfaces
- **Lack of consideration** when changing from one location to another



## 5. HUMAN FACTOR

*People make mistakes, consciously or unconsciously.  
This happens for various reasons.*

1. DEFECTIVE DESIGN, OVERDUE MAINTENANCE
2. THE SITUATION CANNOT BE PROPERLY ASSESSED
3. INADEQUATE ALERTNESS

***By working together with your supervisor and colleagues,  
incidents can be avoided. TEAMWORK is essential!***