



**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:

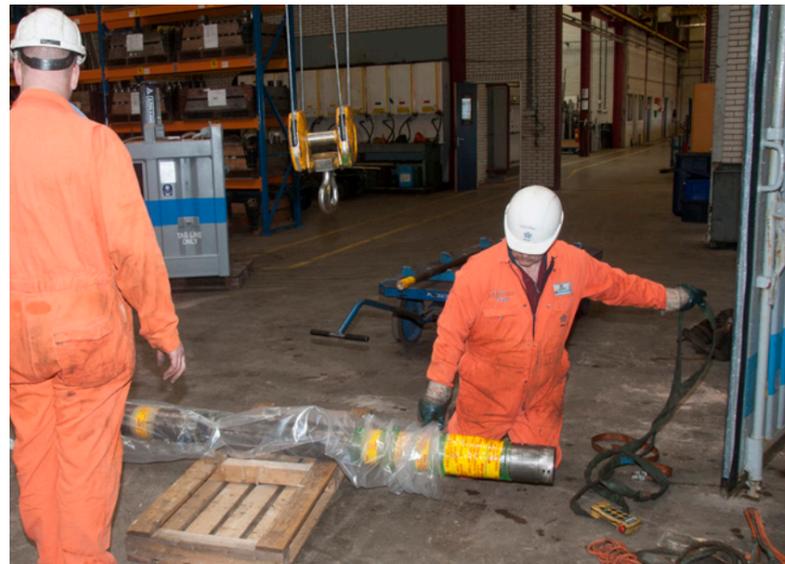
- ***Unmarked*** obstructions at head height i.e. beams
- Obstruction on ***walkways***
- ***Complacency*** around certain obstructions that have been painted over
- ***Lack of awareness*** of obstacles around walkways



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!***