

MIND YOUR STEP!

OR YOU WILL SLIP, TRIP AND FALL

5

to remember



- 1** **Avoid dangerous situations as much as possible**, mark them or cordon them off
- 2** **Use anti-slip materials** (e.g. sand, salt) on walkways and working areas
- 3** **Clean up your workspace regularly** (housekeeping!)
- 4** **Keep 3 points contact** when using stairs or ladder
- 5** **Wear proper shoes** (find the right balance between firmness and comfort)

NOTE: Make sure you are in good condition! A good night's rest is important and take enough rest breaks.

ELIMINATE POTENTIAL HAZARDS
INDIVIDUALLY OR AS A TEAM

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