



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

1C

SUGGESTIONS
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 provides suggestions and can be used to compare the outcome of the discussion.

Today we will talk about:

1. PERSONAL BEHAVIOUR

2. OBSTRUCTIONS

3. HOUSEKEEPING

4. LOCATION

5. HUMAN FACTOR

1. PERSONAL BEHAVIOUR

Key message: Adopt a resilient mind

ALWAYS

- **Focus** on the task at hand i.e. **avoid distractions**
- **Be alert** when moving around the location as **events can change** without prior warning
- Adopt an **open and resilient mind** that can help you cope with changes around the working location
- **Discard footwear** with worn out soles or other damages i.e. holes

1. PERSONAL BEHAVIOUR

Key message: Adopt a resilient mind

ENSURE

- ***Adequate amount*** of sleep during your allocated rest hours
- Take care of yourself to ensure you are ***both mentally and physically fit*** i.e. eating healthy, reducing caffeine consumption and smoking
- Safety boots have ***slip-resistant soles*** and ***heels***

2. OBSTRUCTIONS

Key message: Always be alert in order to identify obstructions

ALWAYS

- Move around the location ***with a sharp eye***
- Use ***designated walkways*** where possible

ENSURE

- Obstructions are ***appropriately marked***
- Walkways are ***clear of clutter*** or ***obstructions***
- Temporary obstructions such as electrical are ***clearly marked***

3. HOUSEKEEPING

Key message: Tidy working location is a safe working location

ALWAYS

- Clean spills ***immediately*** with appropriate absorbent material
- Put tools and equipment ***away*** after their use
- ***Cordon off*** working areas

ENSURE

- Loose equipment is ***stored correctly***
- Workshop areas are ***kept tidy***
- Any temporary fittings are ***clearly highlighted***

4. LOCATION

Key message: Be aware when moving from one location to another

ALWAYS

- Inspect gangway ***before use*** to ensure it is securely attached
- Maintain ***three point contact*** when using stairs
- Use ***designated*** stairways and walkways
- Be alert for ***unsafe weather conditions***

4. LOCATION

Key message: Be aware when moving from one location to another

ENSURE

- The ***use of a torch light*** if visibility is impaired due to poor lighting
- ***Weather conditions*** are considered when working outside
- Newly painted surfaces have ***appropriate anti-slip properties***
- The work planning includes ***safe movement*** to and from work areas

5. HUMAN FACTOR

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

1. DEFECTIVE DESIGN, OVERDUE MAINTENANCE

- The design, the organization of the workplace is an important factor and ***should theoretically be in order*** (tackled at source - removing hazards)
- In practice, during the execution sometimes not much more can be done and people will have to ***observe the area carefully***, for example by using the ***LMRA card***

5. HUMAN FACTOR

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

2. THE SITUATION CANNOT BE PROPERLY ASSESSED

- ***Knowledge and experience*** is required in order to properly assess a situation
- All ***HSElife materials*** are intended to increase everyone's knowledge!
- Learn from ***experienced colleagues***, but also ***call them to account*** if they accept certain risks

5. HUMAN FACTOR

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

3. INADEQUATE ALERTNESS

- Not being ***alert enough*** is another important reason incidents occur
- Are you ***awake, not tired***, and do you take ***enough rest breaks?***
- Due to too much ***mental stress*** and/or too much ***information***, the alertness becomes ***less resilient***