



## HOW TO AVOID SLIP, TRIP, FALL ACCIDENTS

### WHAT ARE THE COMMON CAUSES OF SLIP , TRIP, FALL ACCIDENTS?

- Jumping from vehicles (cabs & bodies) rather than using steps and handrails
- Not maintaining three points of contact at all times on ladders
- Failing to check ground conditions before descending ladders or climbing out of vehicles
- Running up or down stairs
- Slipping or tripping over waste or rubbish in the workplace
- Slipping, tripping or falling due to dirty footwear (e.g. soles of boots clogged with binder or aggregates)
- Failing to assess the work area before starting work and identify the hazards on site
- Failing to concentrate when completing work on site

### WHAT SAFE WORKING PRACTICES SHOULD BE FOLLOWED AT ALL TIMES?

- Check the condition of access steps, ladders, walkways and safety rails daily and report any defects immediately
- Keep all working areas free from slip, trip, fall hazards
- Ensure steps, ladder rungs, working platforms etc. are free from any build up of binder, mud, grease etc. and remain 'non slip' at all times!
- Always wear safety boots on site. Ensure they are in good, clean condition and laces are securely fastened
- Check ground conditions before stepping down from vehicles – be aware of potholes, loose stones, slippery surfaces etc.
- Never jump down from vehicles
- Do not run when working on site
- Be aware of slip, trip, fall hazards when working on site – kerbs, tree roots, drain covers are common site hazards and plan the work to be completed to eliminate or minimise the risks from the hazards
- CONCENTRATE on the job you are completing

**TAKE RESPONSIBILITY FOR YOUR OWN AND YOUR WORK COLLEAGUES  
SAFETY ON SITE TO AVOID SLIP, TRIP, FALL INCIDENTS**