



HESQ BULLETIN

Slips, Trips & Falls

January 6th, 2014



Most injuries resulting from falls are not caused by falls from overhead, but falls at ground or floor level where we walk and work. Here at Yara over the last few years we have had multiple incidents of slips and falls. Let's look at some simple reminders to minimise these types of incidents:

- **Pay Attention to Your Movements and Surroundings**
- Focus on where you're going, what you're doing, and what lies ahead.
- Expect the unexpected.
- Take responsibility for fixing, removing, or avoiding hazards in your path.
- Wear sturdy shoes with non-skid soles and flat heels. Check your shoes today!
- Walk, don't run.
- Wipe your feet when you come in from rain.
- Report or replace any burned out lights or inadequate lighting.
- Watch out for walkways and floors that are uneven, have holes, etc.
- Keep your hands at your sides, not in your pockets, for balance.
- Don't carry loads you can't see over.
- Walk slowly on slippery surfaces. —Slide your feet and avoid sharp turns.
- Sit in chairs with all four chair legs on the floor.
- Make sure all wheels or casters are on the floor.
- Be constantly alert for—and remove or go around—obstructions in your path.

Housekeeping of a high standard is most important to maintaining a safe work area. Don't leave trip hazards in the work area. Keep aisles and walkways clear. **Keep areas clear of oil, moss and other slipping hazards.** Avoid walking or working on irregular rough ground surfaces. Report unsafe conditions. The area should be in a condition that you could get a good footing. Don't short cut over rough areas. A little thought on the job can avoid many types of leg, feet and toe injuries to yourself or your teammates in the area. **Keep your eyes on your path.**

TEAM DISCUSSION: Company name: _____ Date: _____ (DD/MM/YY)

Name and Signature of Team leader having discussion: _____
Name in Block Signature

Names and signatures of other persons in discussion (continue overleaf if necessary)

Name	Initial	Name	Initial	Name	Initial