<u>Slips, trips and falls are some</u> of the biggest dangers on any site. Here's how to minimise risk:

PPE

Are you wearing the right PPE?



Carry out a risk assessment to determine what PPE is needed for every task



Always wear the required PPE for the task at hand



Check that your PPE is in good condition before beginning work



LIGHTING

Can you see what you're doing and where you're walking?



Always make sure areas walked through or worked in are properly lit



Check that any lighting used doesn't create shadows or dark spots



When working on scaffolding, always use additional lighting

TIDY SITES

Is your site tidy before you start work, during work and after completion?



Survey your site before starting work to identify any slip or trip issues



Keep working areas tidy throughout your shift



Regularly dispose of site waste and keep designated walkways clear



UNDERFOOT CONDITIONS

Do you take extra care when underfoot conditions are poor and avoid these areas if possible?



Take care when walking on stairs and uneven or sloped surfaces



Be aware of your surroundings and any changes to underfoot conditions



When working on tracks, always walk on ballast and never on sleepers



ACCESS ROUTES

Do you always use designated access routes and make sure they are kept clear?

Always use

designated

walking routes



where possible Ζ



Be aware of your surroundings when entering or exiting site

Telephone calls should only be taken in a designated mobile phone area





MANUAL HANDLING

Do you eliminate manual handling where possible?



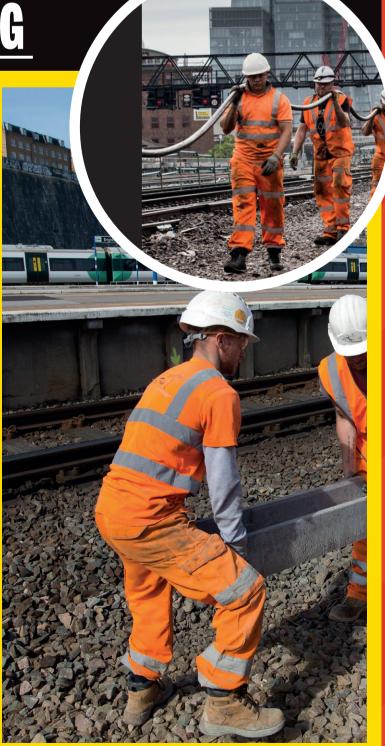
Eliminate or minimise manual handling hazards through risk assessment



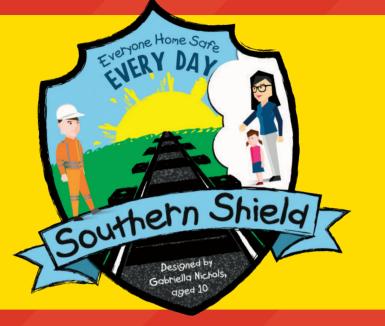
Consider whether manual handling is necessary to the task

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Use the correct technique and minimise twisting, stooping and reaching







WORKING AT HEIGHT

Do you follow the **Southern Shield Working** at Height Hierarchy and Lifesaving Rule?



Risk assess the task to ensure you have the correct protection



Ensure you have the required competencies for the task



A safety harness should always be used unless other protection is in place



STAIRS

Are stairs well maintained and free from hazards?



Areas with stairs must always be well lit



Always use



handrails when using stairs or steps

Stairs must always be completely free of tripping hazards and obstacles

