

DON'T SLIP UP

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



PPE

Are you wearing the right PPE?

- 1 Carry out a risk assessment to determine what PPE is needed for every task
- 2 Always wear the required PPE for the task at hand
- 3 Check that your PPE is in good condition before beginning work



LIGHTING

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

- 1 Always make sure areas walked through or worked in are properly lit
- 2 Check that any lighting used doesn't create shadows or dark spots
- 3 When working on scaffolding, always use additional lighting



ACCESS ROUTES

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

- 1 Always use designated walking routes where possible
- 2 Be aware of your surroundings when entering or exiting site
- 3 Telephone calls should only be taken in a designated mobile phone area



WORKING AT HEIGHT

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

- 1 Risk assess the task to ensure you have the correct protection
- 2 Ensure you have the required competencies for the task
- 3 A safety harness should always be used unless other protection is in place



TIDY SITES

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

- 1 Survey your site before starting work to identify any slip or trip issues
- 2 Keep working areas tidy throughout your shift
- 3 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?

- 1 Take care when walking on stairs and uneven or sloped surfaces
- 2 Be aware of your surroundings and any changes to underfoot conditions
- 3 When working on tracks, always walk on ballast and never on sleepers



MANUAL HANDLING

Do you eliminate manual handling where possible?

- 1 Eliminate or minimise manual handling hazards through risk assessment
- 2 Consider whether manual handling is necessary to the task
- 3 Use the correct technique and minimise twisting, stooping and reaching



STAIRS

Are stairs well maintained and free from hazards?

- 1 Areas with stairs must always be well lit
- 2 Always use handrails when using stairs or steps
- 3 Stairs must always be completely free of tripping hazards and obstacles

