

# Safety Moment

Slips trips and falls are the biggest single cause on injury across our organisation. Most of these incidents occur because of poor housekeeping and most would be preventable with a little care.

## Preventing Slips, Trips and Falls

Preventing injuries by taking a little more care



Trailing cables



Discarded boxes



Uneven floors



Discarded equipment



Refuse bags



Wet floors

- 1 Watch where you walk**  
Be aware of where you are walking. Look down for spilled liquids, materials, equipment, changing surface levels, boxes etc.
- 2 Wear correct footwear**  
Make sure your safety shoes are in good shape and correct for the job. Replace worn-out shoes with smooth soles and other defects.
- 3 Turn the lights on**  
Make sure the area where you are walking is well lit or use a torch if lighting is poor.
- 4 Be careful on stairs**  
Do not run when going up or down stairs. Check to see that stair treads are in good shape, with no obstructions on the steps. Always use the hand rails that are provided.
- 5 Take extra care when carrying**  
Avoid carrying large loads when going up or down stairs and ensure that stairs are well lit.