

SEE CARE SHARE SAFETY CONVERSATION



see

WE LOOK



CARE

WE LOOK



SHARE

WE LOOK OUT FOR EACH OTHER

PREVENTING SLIPS, TRIPS AND FALLS

WHAT WE ARE GOING TO LEARN

In this Safety Conversation we are going to discuss ways in which we can reduce slip, trip and fall incidents in the workplace. All of these actions are what we should already be doing but these are reminders of what we can do to keep each other safe.

HOW IT WILL HELP YOU IN YOUR JOB

Following this conversation, you will understand 3 basic principles to reduce;

- Slip Incidents
- Trip Incidents
- Fall Incidents

WHAT YOU NEED TO KNOW

Did you know that slips, trips and falls are our leading cause of injury within our business with 995 incidents reported in 2023 alone. Majority of these incidents could have been prevented by taking some simple actions but some of these have resulted in serious injury that has had some long-term implications. In this safety conversation we are going to discuss what action we can take right now to reduce the risk of slips, trips and falls.

PREVENT SLIPS BY:

- ENSURING THAT YOU AND YOUR COLLEAGUES ALL WEAR THE APPROPRIATE SLIP RESISTANT FOOTWEAR. IT IS ALSO IMPORTANT TO MAKE SURE THAT YOUR FOOTWEAR IS IN GOOD CONDITION WITH THE SOLE OF THE SHOES KEPT CLEAN AS THIS COULD AFFECT THE SLIP RESISTANCE OF THEM.
- WHEN CLEANING FLOORS ENSURE THAT YOU FOLLOW THE SAFE SYSTEMS OF WORK AND DO NOT LEAVE WET FLOORS UNATTENDED. ONCE MOPPED MAKE SURE THAT YOU DRY MOP TO SPEED UP THE DRYING PROCESS AND WE SHOULD ALWAYS DISPLAY APPROPRIATE WARNING SIGNAGE AND REMOVE IT WHEN THE FLOOR IS DRY.
- ADVERSE WEATHER CONDITIONS OUTSIDE CAN RESULT IN SLIPS INSIDE SO MAKE SURE YOU HAVE APPROPRIATE MATS AND SIGNAGE IN PLACE TO WARN EVERYONE OF THE FLOORING CONDITIONS. IDEALLY HAVE A PLACE FOR UMBRELLAS TO BE STORED NEAR TO THE DOOR TO PREVENT DRIPS THROUGHOUT THE BUILDING.

PREVENT TRIPS BY:

- KEEPING WALKWAYS, OFFICES, DELIVERY BAYS AND GENERAL AREAS CLEAR OF OBSTRUCTIONS SUCH PALLETS, BAGS, BOXES AND CABLES. REMEMBER THAT SOMEONE'S VIEW OF THE FLOOR MAY BE OBSTRUCTED IF THEY ARE CARRYING SOMETHING SO HIGHLIGHTING THE TRIP HAZARD MIGHT NOT BE ENOUGH.
- GENERAL HOUSEKEEPING IS AFFECTIVE WAY TO REDUCE TRIPS ESPECIALLY IN AREAS WHERE THERE IS RESTRICTED MOVEMENT SUCH AS IN STOREROOMS AND WALK-IN FRIDGES AND FREEZERS. BE AWARE OF PROTRUDING ITEMS ON LOW LEVEL SHELVES.
- REMEMBER THAT WE CAN CREATE TRIP HAZARDS BY CARRYING OUT WORK TASKS SUCH AS VACUUMING AND UNPACKING DELIVERIES, BE MINDFUL OF THOSE AROUND YOU AND REMOVE ANY HAZARDS AS SOON AS POSSIBLE.

PREVENT FALLS BY:

- ENSURING THAT YOU ALWAYS USE THE HANDRAIL WHEN WALKING UP OR DOWN STAIRS EVEN IF YOU ARE CARRYING SOMETHING. MAKE SURE YOU HAVE A HAND FREE TO HOLD ONTO THE HANDRAIL.
- NEVER USE A MOBILE PHONE ON THE STAIRS OR WHILST WALKING, THIS DISTRACTION CAN CAUSE YOU TO LOSE YOUR FOOTING OR NOT SEE A HAZARD DIRECTLY IN FRONT OF YOU.
- IF THERE ARE POORLY MARKED VARIATIONS IN FLOOR SURFACES OR EDGES MAKE SURE THAT THESE ARE REPORTED AND MAKE SURE TO WARN YOUR COLLEAGUES.

In addition to these simple actions, you can also make sure you and your colleagues are safe by Being Mindful, Getting Involved and Speaking Out about any hazards in your workplace.



SPEAK OUT

- If you see a slip, trip or fall hazard where possible remove the hazard, if it is not removed warn your team members and report to your supervisor or manager.
- If you need new PPE or equipment to carry out tasks safely raise this with your supervisor or manager.
- When you see someone not following the safe systems of work or taking shortcuts, highlight it.

BE MINDFUL

- Consider those around you when carrying out tasks such as vacuuming or mopping floors and ensure you are warning them of possible hazards.
- When walking up or downstairs be sure to use the handrail and don't be on your phone.
- Take extra care when walking outside in the winter months, it may be dark, icy or slippery.

GET INVOLVED

- Help others where they might not be aware of the correct safety precautions when carrying out tasks.
- If you believe that there is a safer or more effective way to carry out a task highlight this to your supervisor or manager.
- Encourage your team member to follow the guidance in this conversation and keep safe.

MORE INFORMATION

Remember that the Compass HSE Website has additional information which may be useful;

- [Workplace Safety Management](#)
- [Previous Campaigns](#)
- [Safety Conversations Page](#)