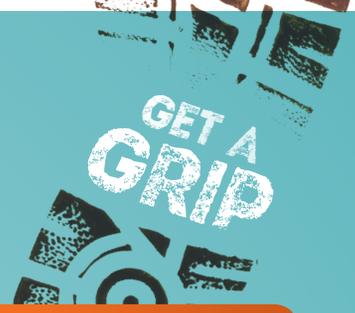


SAFETY CONVERSATION

SC1 - Lost Footing



WHAT YOU'RE GOING TO LEARN

In this safety conversation you will learn the hazards associated with losing your footing which is a key part of managing slips, trips and falls. Over 30% of our slips trips and falls have losing your footing as a core part of the cause. So let's Get A Grip.

WHAT YOU NEED TO KNOW

- **Wet floors** - Wet floors are a major cause of people losing their footing. Sometimes in our workplace wet floors are part of our daily routine: spillages, leaking taps, condensation on floors (especially in walk-in refrigerators), cleaning. The key is to be aware of these hazards and get involved in fixing them immediately, or reporting them to your manager. **You can often make a huge difference by simply marking the wet surface, or standing close by until someone ensures it is safe to use.**
- **Moving between surfaces** - When we walk (we never run of course!) around our workplace the surfaces change. When we enter a building this often means transitioning from the concrete pavement to a wide variety of floor surfaces inside the building. This transition area is one of the most risky, especially if the weather is wet and icy. Mats and runners in your workplace may develop holes or tears, and their edges can curl up, and that can increase the risk of a trip and fall. Make sure you report any signs of wear to your manager. Moving from carpeted to a non-carpeted surface can also cause losing your grip on the floor, and even more so if you are involved in a peak activity. **Try not to rush and keep an eye on what is underfoot – Get a grip!**
- **Where am I going** - This might sound strange, but do you know where you are going in the workplace? Of course you do, but have you thought about your route and what you would do in the event of a potential hazard appearing? It is human nature to let our guard down for few seconds and be distracted by random thoughts, or doing multiple activities. **Try to Get A Grip when walking - concentrate, plan your route and stay alert at all times.**

FOLLOW RULES

- Use the correct access routes and don't take short-cuts
- Wear appropriate footwear and pay attention when walking



BE MINDFUL

- By not following our site and access routes, you not only put yourself, but also others at risk
- Switch off taps and remember it only takes a small spillage to cause injury



SPEAK OUT

- If it's not safe report it, especially any damage to surfaces e.g. loose carpet, broken floor tile
- If you spot a hazard let people know immediately e.g. shout out or cordon it off



GET INVOLVED

- Raise the matter at your team talks, and if nothing is done tell your line manager
- Share your ideas on how to improve safety in your workplace



PUTTING WHAT YOU'VE LEARNT INTO PRACTICE

Let's go out into the work area and check where we could lose our footing, and how we can improve things. (Before you leave agree where you are going and what you are looking for). Let's discuss:

- The problem: what is it and has it been reported?
- How can we improve the situation immediately?
- Let's look again in a week and see what's improved.