

# HEALTH & SAFETY AWARENESS

## SLIPS, TRIPS AND FALLS

A slip, trip or fall at work can lead to injuries, therefore it's all about taking your time and watching your step. This time of year conditions can be even more slippery so extra care is required.

These type of events can occur whether you are working on steep / uneven ground or flat surfaces. Please be aware of the bark on the ground around the gantries or unchaining bays.

If you are working alone make sure someone knows where you are and carry a device that enables you to make contact.

### Some key points:

- Use footwear with good tread.
- Always use three points of contact when mounting / dismounting heavy machinery / vehicles.
- Regularly check your equipment to make sure it is safe.
- Look where you are going.

The photo on the right is where a driver misjudged his footing and fell into a hole, resulting in a badly strained hammy.

