

Slips, Trips and Falls

October 2019

Intended Audience:
Delivery and Collection staff

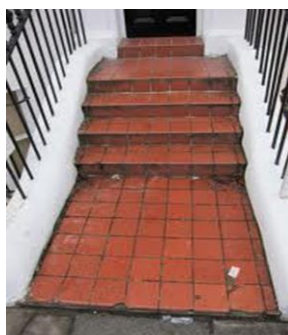
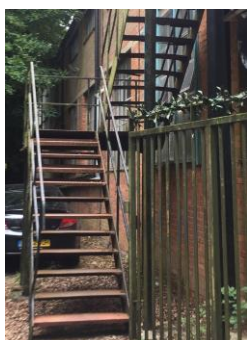
Employee Brief

Introduction

Slips, trips and falls (STFs) remain the biggest cause of serious injury in RMG. By being aware of our surroundings we are more likely to be able to spot hazards and avoid injury. This is all common sense but please take time to think about the things that you might encounter and how to deal with them.

Overview

- **Steps** - falls on steps are frequent. What can you do to avoid it?
Always Maintain 3 points of contact when climbing or descending stairs.
Hold handrails
Don't rush or take more than one step at a time
At the doorstep, turnaround before stepping down so you can see where you are placing your feet.
- Look ahead for hazards on footpaths, steps and driveways.
- Don't read and walk - this includes mail, phones, PDAs as you just can't see what's ahead of you.
- Take the safest route, not the shortest - don't take shortcuts.
- Adjust your pace to the terrain/environment, especially in bad weather.



Actions

- Be alert to your surroundings and report any significant hazards to your manager
- Apply the 'Look, Consider, Decide' approach:

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Look for Hazards

Consider the Risk

Decide What to do
Safely

- Check that your footwear is in good condition with a good tread. Ensure you have spikekeys available to use.