



## SLIPS TRIPS AND FALLS

**In light of recent incidents which have occurred on Galliford Try contracts including over 7day RIDDOR's and several non reportable incidents the following briefing should be carried out on all sites**

**Reason:** Every year, many injuries occur through slips trips and falls.

**Why:** Most of these injuries are easily preventable with a little care

**Outline:** This talk will cover the causes and prevention of slips, trips and falls ... please contribute.

### Why do they occur?

1. Most injuries from slips trips and falls occur because of poor housekeeping.
2. Many items left on the ground, such as extension cables, hand-tools, off-cuts of pipes or timber, will trip someone up if not placed in a safe position.
3. Substances such as oil and greases will form a slip hazard if not immediately cleaned up.
4. General site debris, such as brick / block fragments can quickly accumulate and form a tripping hazard if not cleaned up as it's created.
5. Trailing cables are another frequent cause of tripping.
6. Reduced levels of natural light, for example during winter afternoon and in poorly lit areas inside of buildings can easily increase the tripping hazards.

**Q: Ask ... What can you do in your job to reduce tripping hazards?**

### What can you do about it?

1. Clear up waste materials as you create them. Lightweight waste should be bagged or bundled, and nails removed from waste timber
2. Don't leave tools, equipment or unused material lying about on the floor
3. If you are using substances which could spill, ensure that you have a means of effectively cleaning up the spillage.
4. If possible route 110v cables above head height, if cables have to be routed at floor level, try to avoid pedestrian walkways.
5. If the site is muddy, scrape mud off your boots before climbing ladders or walking anywhere else where it might become a hazard to others.
6. Be aware of the increased risk of tripping if the level of natural light fades and ensure that all tools, equipment and materials are stored in a safe location.

**Q: Ask ... What would be an effective way of cleaning up spilt liquid?**

**REMEMBER:** Tidy up as you go ... your untidiness and carelessness could cause serious injury to your friends or work colleagues.

**TAKE CARE:** When accessing work areas over uneven, soft or loose ground.

**WEAR:** Suitable safety footwear which gives ankle support.