# HOLD HANDRAILS ON STAIRWAYS USE THREE POINTS OF CONTACT WHEN GETTING INTO/OUT OF VEHICLES PAY ATTENTION WHERE YOU ARE PLACING YOUR FEET — LOOK OUT FOR UNEVEN GROUND





Prevent falls from vehicles and on stairs as these can cause serious injuries.

#### **Responsibilities:**

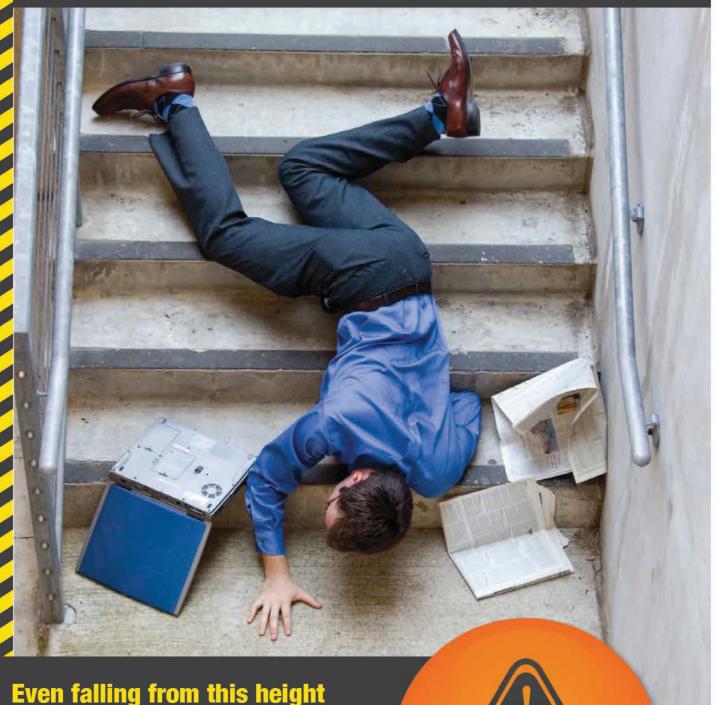
 Managers – Ensure steps, handrails, etc. are kept in good order and help everyone understand why we need to 'Get a Grip'.

• All Employees – Follow the 'Get a Grip' principle, never rush or jump down from stairways or vehicles and always look where you are placing your feet.

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### TREAD CAREFULLY



**Even falling from this height could cause you serious injury** 

ALWAYS HOLD THE HANDRAIL ON THE STAIRWAYS – NOT YOUR LAPTOP, COFFEE AND MOBILE PHONE!



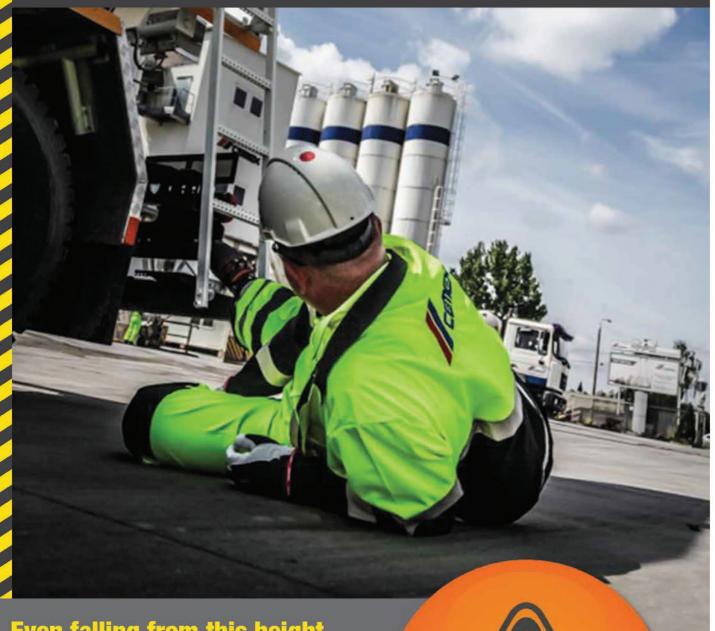


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Hold handrails on stairways and use three points of contact when getting into/out of vehicles. Look where you are placing your feet.



