

**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**



**Aim:** 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,  
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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.**

