



# DO YOU & YOUR COLLEAGUES GET A GRIP?

Slips, trips and falls are **our most common cause of serious injury**. Many occur when people are getting in / out of vehicles or result from tripping and falling on stairs and walkways

Do you look out for yourself and others? – Do you maintain 3 points of contact on steps, ladders and stairways? Do you **Step In** and remind colleagues to **Get a Grip**?

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**TREAD  
CAREFULLY  
AND STAY  
SAFE**

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