



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.

Do you **LOOK AFTER YOURSELF** and **maintain 3 points of contact** when getting in / out of your vehicle?

Do you **LOOK AFTER OTHERS** and **Step In** and remind them to **Get a Grip**?

**TREAD
CAREFULLY
AND STAY
SAFE**



Scan the QR code above to watch a short video on the potential consequences of a fall

