



STOP THINK ACT

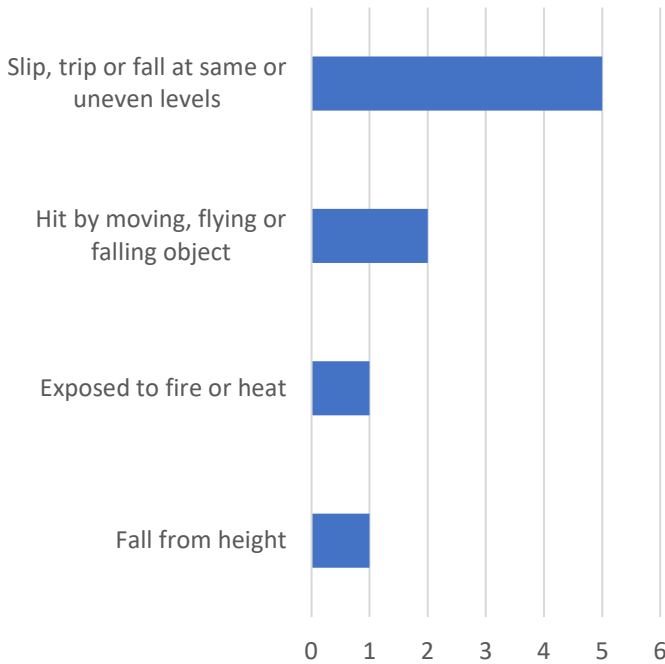
SAFETY TALK

SLIPS TRIPS & FALLS

A briefing tool for managers

Introduction

Slips, trips and falls are responsible for over half of our most serious workplace injuries across Cemex UK Operations over the last 12 months:



Head Injury – Stitches & Glue

An employee was checking to see if there was a fault on a quarry crusher. As he left the area, his boot lost grip due to the wet conditions and he fell backwards, landing on the crusher walkway with his head striking the kickplate. This resulted in a laceration to the back of his head which required 7 stitches and glue to seal the wound.



Fall From Vehicle Ladder

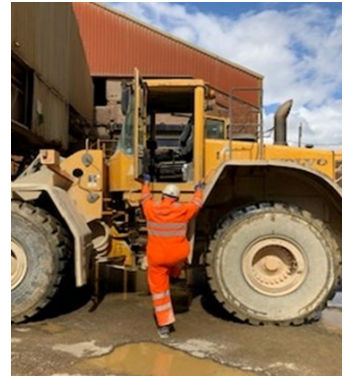


Get a firm grip of grab handles when getting in / out of vehicles

An agency driver was delivering to a customer. As he exited the cab, he appeared to miss the bottom step and fell to the floor, banging his head. He was taken to hospital and was diagnosed fractures to both collarbones.

Fractured Wrist

An employee parked his wheeled loader so he could walk to the canteen. The site was busy and a customer had parked in the usual stopping area, so the operator parked in another area to keep the traffic route through the site clear. The operator stepped down to ground level, but as he turned to walk away, his foot slipped into a pot hole; he suffered a twisted ankle and fractured a bone



GET A GRIP

Hold handrails on stairways and use three points of contact getting into / out of vehicles.



HOUSEKEEPING

Keep designated access routes and work areas tidy and free from trip / slip hazards.





STOP THINK ACT

SAFETY TALK

SLIPS TRIPS & FALLS

Preparation

This stop and think talk can be used individually or with a group. It could be delivered in a general work area, or near a vehicle, mobile equipment or steps & stairways to enable discussion about relevant issues, taking care that the area is segregated from traffic, vehicles are isolated, and people can hear what you are saying. Participants should receive a copy of the talk for their Continuing Professional Development (CPD) / Training files as well as signing the training declaration.

Introduction (After discussing the case studies)

We have suffered several slip, trip and fall injuries due to workplace conditions, people failing to Take 5 and stop & think, or not maintaining 3 points of contact when getting on / off vehicles, going up / down stairways or ladders. These events highlight the need for everyone to ensure they always adopt 3 points of contact, take care when stepping down and also ensure that housekeeping standards maintain a clean & tidy work area to avoid slip, trip and fall hazards.

THE TALK

Use the questions below to open the discussion under each heading and then go through the lists explaining in detail each hazard / control and what is expected

Hazards

Question 1 – What hazards/factors contribute to slip, trip and fall incidents?

- Haste / shortcuts – running / missing a step
- No handrail or not using the handrail(s)
- Shoes dirty / greasy / worn tread
- Poor lighting
- Poor housekeeping
- Footwear not offering sufficient ankle protection
- Stepping down onto uneven or soft ground
- Stepping onto objects
- Worn / slippery steps
- Not using correct means of access / egress
- Carrying tools / equipment / mobile phones, drinks, etc. whilst going up and down stairs
- Complacency

Controls

Question 2 – What are the controls for these hazards

- Do not rush, run or miss steps - they have been designed for your safety
- Challenge anyone not holding a handrail
- Complete a hazard alert card for stairs which are missing a handrail
- Ensure the wearing of lace-up safety boots on operational sites - rigger boots and other pull-on boots do not offer sufficient ankle protection
- Ensure boots are clean, free from dirt & grease and in a good condition
- Use the principles of 'MYSPACE' when stepping down – what can hurt me? Check for uneven ground or stepping onto objects and equipment.
- Maintain good housekeeping standards
- Avoid carrying anything whilst going up/down steps
- Look out for and challenge unsafe behaviours...Step In and Take 5 Together.

Controls cont'd

Question 3 – What additional controls can be used to raise awareness

- Use 'Get A Grip' stickers or signs on high-risk areas to raise awareness
- Yellow Anti-Slip Paint – particularly to highlight heavily trafficked areas, changes in direction or changes in level



Grating Anti Slip Grips – to offer additional grip on worn or polished gratings. These are simple to install and are a good idea to fit on where there is a greater potential for slips, and falls.



AND FINALLY...

Some team exercises to reinforce the learning points:

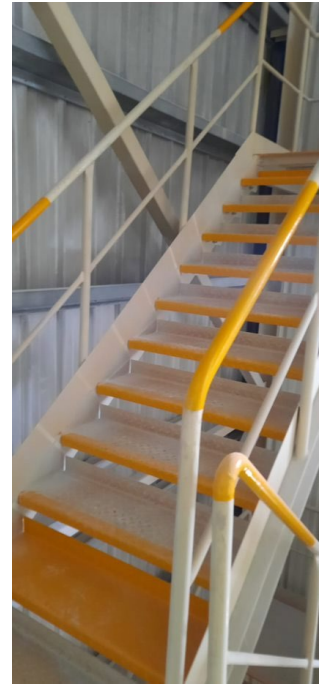
1. Review housekeeping standards and implement / embed 5S with support from the Operational Excellence Team where appropriate.
2. Hold a hazard spotting exercise and consider how slip / trip hazards can be eliminated; refresh the painting of remaining trip hazards, stairways and handrails.
3. Ask the team to display Get a Grip signs in prominent locations.
4. Reinforce Get a Grip through a campaign to observe everyone using 3 points of contact getting in / out of vehicles.



SAFETY TALK

SLIPS TRIPS & FALLS

GOOD PRACTICES:





SAFETY TALK

SLIPS TRIPS & FALLS

Slips Trips & Falls – Training Record

The people listed below have received instruction in avoiding [Slip Trips & Falls](#) as detailed on the previous pages. By signing below they are confirming that they understand the safe systems of working discussed and will adhere to these in the workplace.

Date	Name	Signature	Instructed by

Copies of all training records shall be maintained by local management with a copy being sent to the local Human Resources (HR) Manager/Administrator. Records of all training should also be maintained by each employee in a Continuing Professional Development (CPD) / Training File.