

SAFETY TALK

A briefing tool for managers



TREAD CAREFULLY!

FALLS FROM HEIGHT – GET A GRIP!

A simple slip on a few steps or a fall from a cab can result in very serious injury

Recently, there have been several incidents where drivers have fallen from trucks or mobile equipment cabs. These have been a result of either incorrect hand hold points, carrying objects, different step configurations or just purely a lack of concentration. Injuries vary from broken collar bones, cuts to head or rolled / twisted ankles.



This driver was familiar with driving a vehicle with 3 steps, and then transferred to a vehicle with 2 steps. He misjudged his exit from the cab and fell and fractured both collar bones. Contributing factors were the incorrect use of the steering wheel as a handhold and carrying paperwork at the same time...



When exiting vehicles, including mobile equipment, consideration should be given to ground conditions including potholes, flooded areas and lighting.



STOP THINK ACT



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VARYING TRUCK DESIGN

Truck heights vary between manufacturers and the intended use of the vehicle. Higher vehicles are designed for construction sites; however, they have disadvantages in terms of direct vision, and they are higher for a driver to fall!



GET A GRIP



Preparation



This safety talk can be used individually or with a group. It can be delivered in the vicinity of a vehicle or mobile equipment to enable wider discussion of other issues, taking care that the area is isolated from traffic and people can hear what you are saying.

Introduction (After reading out the case studies)



Recently there have been several incidents within Cemex resulting in injury due to failure to enter / exit workplace vehicles safely. Whilst each of these incidents had different factors involved, they all had a common theme – an injury caused by a fall from a vehicle. These events highlight the need for everyone to ensure they always adopt 3 points of contact, take care when stepping up and down from vehicles / equipment and to be aware of other factors such as good condition of safety footwear, the condition of the steps i.e. clean and without defect, the number of steps, ground conditions and suitable lighting.

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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 are the hazards / factors which contribute to incidents associated with vehicle and mobile plant steps?

- Haste / shortcut – jumping out, getting out of a cab forwards or / missing a step
- Not using 3 points of contact or not using the correct handhold i.e. using the steering wheel
- Shoes dirty / greasy / worn tread
- Poor lighting
- Poor housekeeping / drainage – uneven or flooded ground conditions
- Not parking away from poor ground conditions
- Footwear not offering sufficient ankle protection
- Stepping onto objects
- Worn / slippery / damaged steps
- Carrying objects whilst getting in / out of the cab i.e. mobile phones, mugs, bags and paperwork
- Changing from different vehicle types / manufacturer, including the different step design and configuration.
- Complacency / inattention – I've been up and down these steps for the past 20 years, 20 times a day

Share these video clips showing a typical incident and the correct way to enter / exit a vehicle cab; either scan or click the QR codes to view content



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 adopting 3 points of contact
- Ensure the wearing of lace-up safety boots – 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. What is the housekeeping like on your site?
- Avoid carrying anything whilst going up / down steps
- Complete a hazard alert report for damaged steps and poor conditions
- Ensure designated parking areas for vehicles and mobile plant are well maintained, with level and even ground.

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

- Use 'Get A Grip' stickers or signs by the doors on cabs

AND FINALLY.....

1. Clarify any points as required
2. Ask if there are any other safety related issues that should be discussed
3. Thank everyone for their participation

Get A Grip – Training Record

The people listed below have received instruction in **Get A Grip** 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.

[illegible]

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 CPD File.