



Prevention of Slips, Trips & Falls

The Art of Walking



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Balance point

**3-points
of contact**

Safe routes

Footwear

**Avoid
distractions**



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Find your balance point:

- Every step matters – **Stay Alert!**
- Keep your back straight, eyes forward and stay grounded

Your balance = Your safety



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Footwear

- Safety boots type S3
- Types must provide proper ankle protection
- Lace correctly = Ankles protected
- Consider different colour laces to easily detect loose boots!

Proper footwear is the foundation of safe walking!

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3-point rule – Get a Grip

- On stairs, ladders, scaffolds always adopt **3 points of contact**



Your stability is in your hands!

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A message can wait. Your safety can't!

- Put the phone away while walking at work
- Distraction = Danger

Choose the **right time** and **place** to use your phone — in a **safe area**, not while walking.

Stay present. Stay safe!

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Walk where you should – not where you can

- Marked walkways are always your safe route
- They are there to protect you – walking on them helps **keep you and others safe**

Your safety begins with the first step!



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