

OCCUPATIONAL SAFETY · TRAFFIC ROUTES

Slips and trips

VITS

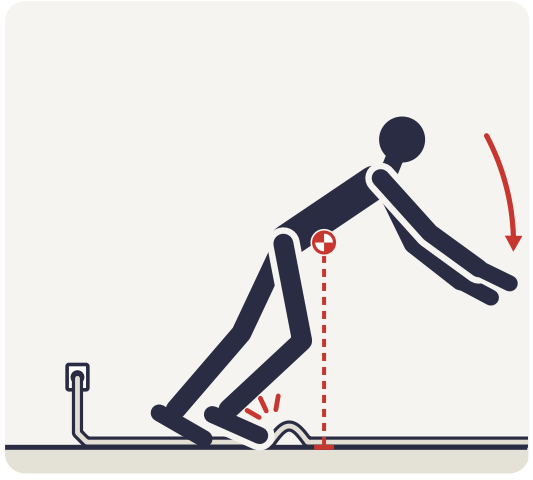
Feet slip on wet floors, and cables left on walkways trip you up. **A cook carrying a pot of hot water slipped and fell on a slippery kitchen floor, scalding their arm and chest.**

Possible consequences

- Fracture
- Head injury
- Sprained joint
- Cuts and bruises
- Burns
- Long time off work

CABLE ON WALKWAY

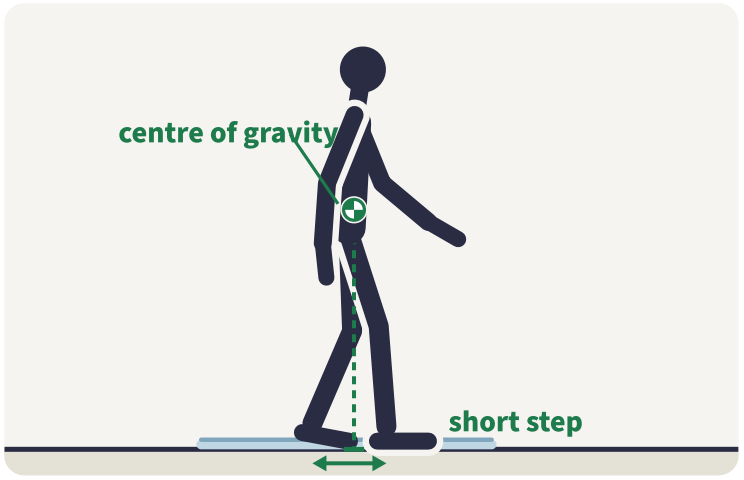
Tripping



- Foot catches on the cable
- Upper body keeps going
- Falling forwards

SLIPPERY FLOOR

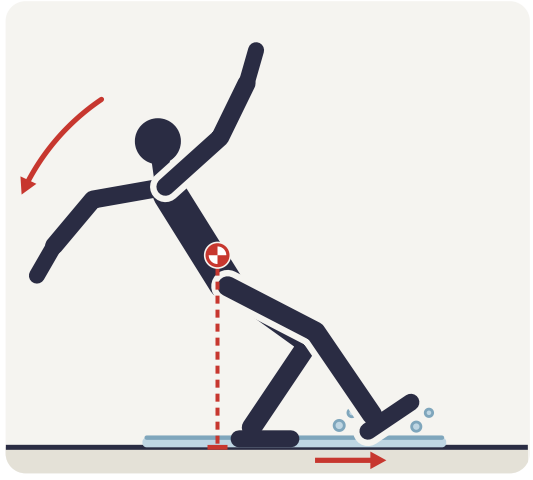
Short steps



- Steps are short
- Pace is slow
- Centre of gravity over feet

UNMARKED WET FLOOR

Slipping



- Sole slips on the wet floor
- Upper body lags behind feet
- Falling backwards

Floors must be firmly fixed and must not be slippery or have dangerous slopes. Obstacles and places where people may fall are marked with alternating yellow and black or red and white stripes.

DO

- **Clean up spills at once.**
- **Mark wet floors with a warning sign.**
- **Only walk on a washed floor once it is dry.**
- **Wear shoes with slip-resistant soles.**
- **Use the nearest socket to avoid trailing cables.**
- **Carry loads so you can see your path.**
- **Hold the handrail on stairs.**
- **If you can’t remove a hazard, tell your supervisor.**

DON’T

- **Don’t leave cables or hoses on walkways**
  Unexpected obstacles are the most dangerous.
- **Don’t rely on footwear alone**
  You can slip on a wet floor even in slip-resistant shoes.
- **Don’t take calls on stairs**
  Your attention is on the call and you miss a step.
- **Don’t enter a dark room until the light is on**
  You can’t see obstacles.
- **Don’t leave loose mats on walkways**
  A mat edge can curl up and trip you.
- **Don’t take shortcuts through untidy areas**
  The route may be uneven or slippery.
- **Don’t carry liquid without a lid**
  Spilled liquid makes the floor slippery.

REMEMBER

Clear path. Dry floor. Steady step.

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