



The risks of slipping, tripping, and falling are often underestimated. Many believe that falling is inevitable and can happen to anyone. However, with proper attention to the work environment and appropriate behaviour, most falls can be prevented.

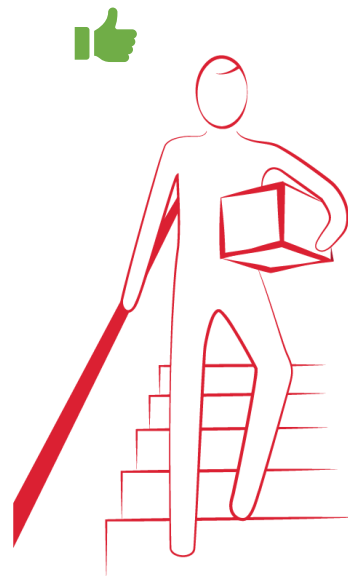
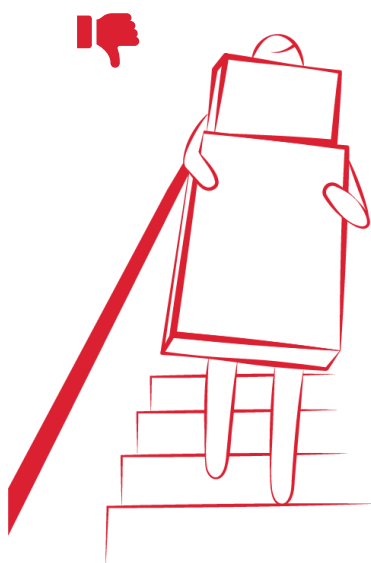
Below, you will find information on the causes of falls and how to prevent them. Falls can be categorized into two types: falls from elevated surfaces and falls on the same level.

### **Falls from Elevated Surfaces**

Fall incidents from elevated surfaces occur when someone trips or slips while moving at a higher level in a building or workplace. These movements typically happen on stairs, but step ladders are also common. It is crucial to be aware of the risks and follow basic safety principles to minimize them.

#### **Stairs:**

- Always keep one hand free to hold the handrail.
- Avoid carrying items with both hands while using the stairs.
- Be extra cautious in areas with poor lighting, uneven or irregular steps, or slippery surfaces.
- Ensure the stairs are clear of materials and obstacles.
- It is better to make an extra trip than to overload yourself with items.



### Step Ladder:

- Always ensure it is in good condition.
- Make sure it is properly set up and on a stable surface.
- Never stand on chairs or other furniture to perform tasks at a low height.
- The step ladder has a maximum of 3 steps.

### Falls on the Same Level.

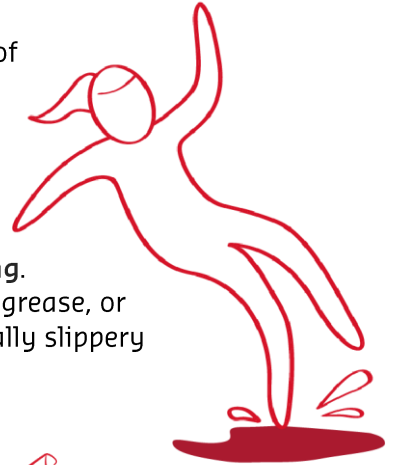
Falls on the same level are the most common, accounting for nearly six out of ten fall accidents (56% in Belgium).

This term encompasses a variety of situations, such as tripping over a cable, twisting an ankle on a stone, slipping in a puddle, losing balance, and falling due to minor level differences like thresholds, steps, and curbs.

There are two primary causes of falls on the same level: **slipping and tripping**. Slipping can occur when surfaces are wet or dirty from substances like mud, grease, or food. Certain floor coverings, such as tiles in bathrooms, can become especially slippery when wet.

To prevent slipping, consider the following points:

- Always wear the safety shoes provided to you. This reduces the likelihood of slipping.
- Keep the floor free from water, grease, or dust. Clean up spills, leaks, or other contaminants immediately. If this is not possible, warn others about the contamination. Do not step on freshly cleaned floors that are still wet.



- Be extra cautious in wet weather. Dry your shoes thoroughly before entering the building to prevent slipping. Ask the customer to provide a mat at the entrance and keep walkways free of ice and snow.

**Tripping** is the second leading cause of fall incidents and occurs when we encounter unnoticed obstacles. These obstacles can include scattered objects like waste, loose or missing tiles, uneven floor, or small thresholds.

Some measures important to prevent tripping incidents:

- Ensure your work area is free of obstacles and remains tidy and clean. Store any work materials you no longer need, and avoid storing items in corridors to keep these areas clear and safe.
- Be alert for loose cables and extension cords. If possible, use cable ducts attached to furniture or the floor to manage cables in offices.
- Keep cabinet doors and drawers closed when not in use.
- Ensure that carpets and floor mats lie flat on the ground without any curled edges.
- Report any floor damage to the customer so necessary repairs can be made.
- Always ensure there is sufficient lighting.
- Keep pets in a safe place.

Finally, some general tips for safe walking behavior:

- Be aware of your surroundings and watch your step.
- Avoid making phone calls or reading messages on your phone while walking.
- Take your time; avoid rushing.
- Use the handrail on stairs and do not skip steps or run.
- When carrying items while walking, ensure your path is clear, and your view is not obstructed.
- Wear the safety shoes provided and always tie your shoelaces. Notify your JobCenter if they are damaged.