



DON'T LET BAD HABITS BREAK YOU



Let's face it, it's easy to slip into bad habits – we're only human. We think to ourselves 'what's the worst that can happen?...' but then it does.

**DON'T LET BAD HABITS
BREAK YOU – ASK
YOURSELF IF THERE'S
ANYTHING YOU CAN
CHANGE TO STOP IT
BEING YOU THIS YEAR.**

It's the little things – like not stepping ballast to ballast – that caused 700 slips, trips and falls in our industry in 2008. Speak to any of your colleagues that suffered and most will tell you it could have been avoided by changing the way they went about things.

“At first I was alright. It was only later on that the pain kicked in.”
Cause: tool left lying about

One Network Rail worker ended up with a nasty shoulder and elbow injury when he tripped over some tools that someone else had left lying about. Always keep your work areas tidy. You might know where you've left something, but that doesn't mean everyone else does.

“When I actually heard my ankle snap... that was the worst bit...”

Cause: laces not being tied up properly

Heard of anyone that snapped or twisted their ankle because their work boots weren't tied up properly? We've logged so many of these accidents that the chances are you have.

This kind of accident is easy to avoid. Just make sure your work boots are always laced up to the top and tied tight.

“...the next thing I knew my leg was completely tangled up in barbed wire.”
Cause: fallen leaves

Last year someone suffered a very nasty trip. His foot got caught in barbed wire that was hidden in fallen leaves – causing lacerations to the back of his calf. Make sure you're completely on guard when there are fallen leaves lying about. Not only are wet, decaying leaves a major slipping hazard, but they also cover up all sorts of other hidden dangers.