



BREAK YOU BAD HABITS DON'T LET



**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.

**“...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.

**“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 pain was just
unbearable...”**

**Cause: lapse in concentration
on uneven ground**

Last year one worker was strimming
back vegetation when a tiny lapse in
concentration meant he tripped over
a patch of uneven ground – badly
tearing connective tissues around
his knee and thigh.

Make sure you're always completely
aware of your environment. If the ground
you're working on is slightly uneven – take
extra care and take your time – especially
when carrying tools or equipment.