

**48% OF LAST YEAR'S
RIDDOR ACCIDENTS
WERE SLIPS, TRIPS
AND FALLS.**



**everyone
home safe
every day**

**THIS YEAR'S SLIPS, TRIPS
AND FALLS HAVE BEEN LESS
SERIOUS – BUT THE NUMBER
OF ACCIDENTS IS THE SAME.**

Network Rail

SNAP
OUT OF IT



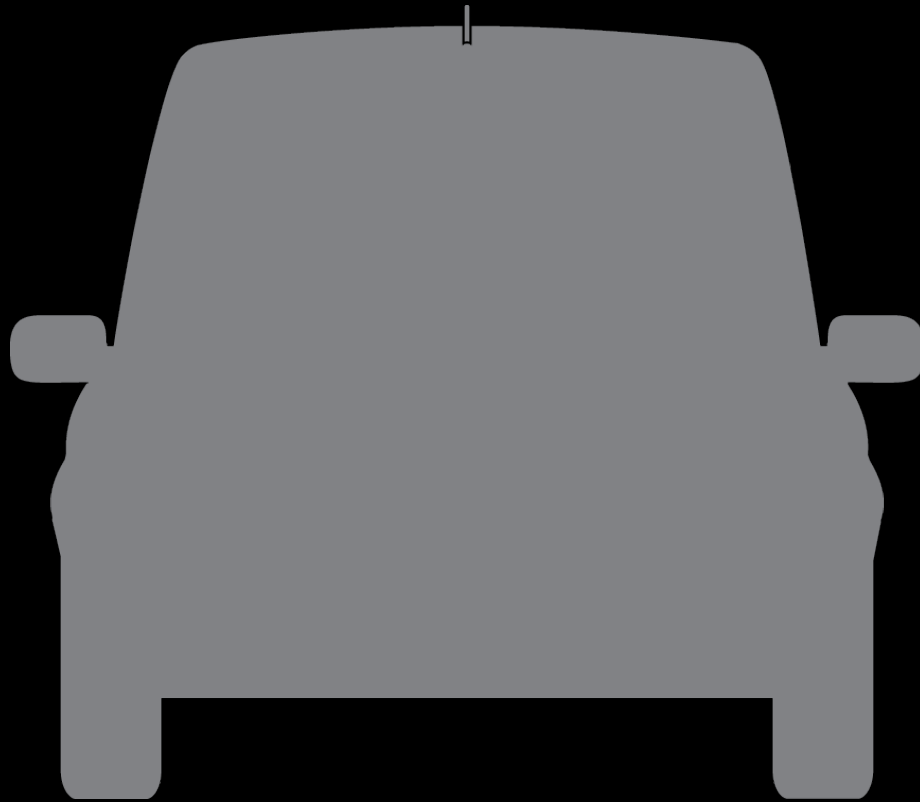
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every day

185

SLIPS, TRIPS AND FALLS INJURIES



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OUCH!

**1. TAKE CARE STEPPING
OUT OF YOUR VEHICLE**



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**WAKESY
WAKESY
WAKESY**

**2. STAY
FOCUSED
FIRST
THING**



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WHOA!

**3. TAKE EXTRA CARE
WHEN IT'S SLIPPERY AND WET**



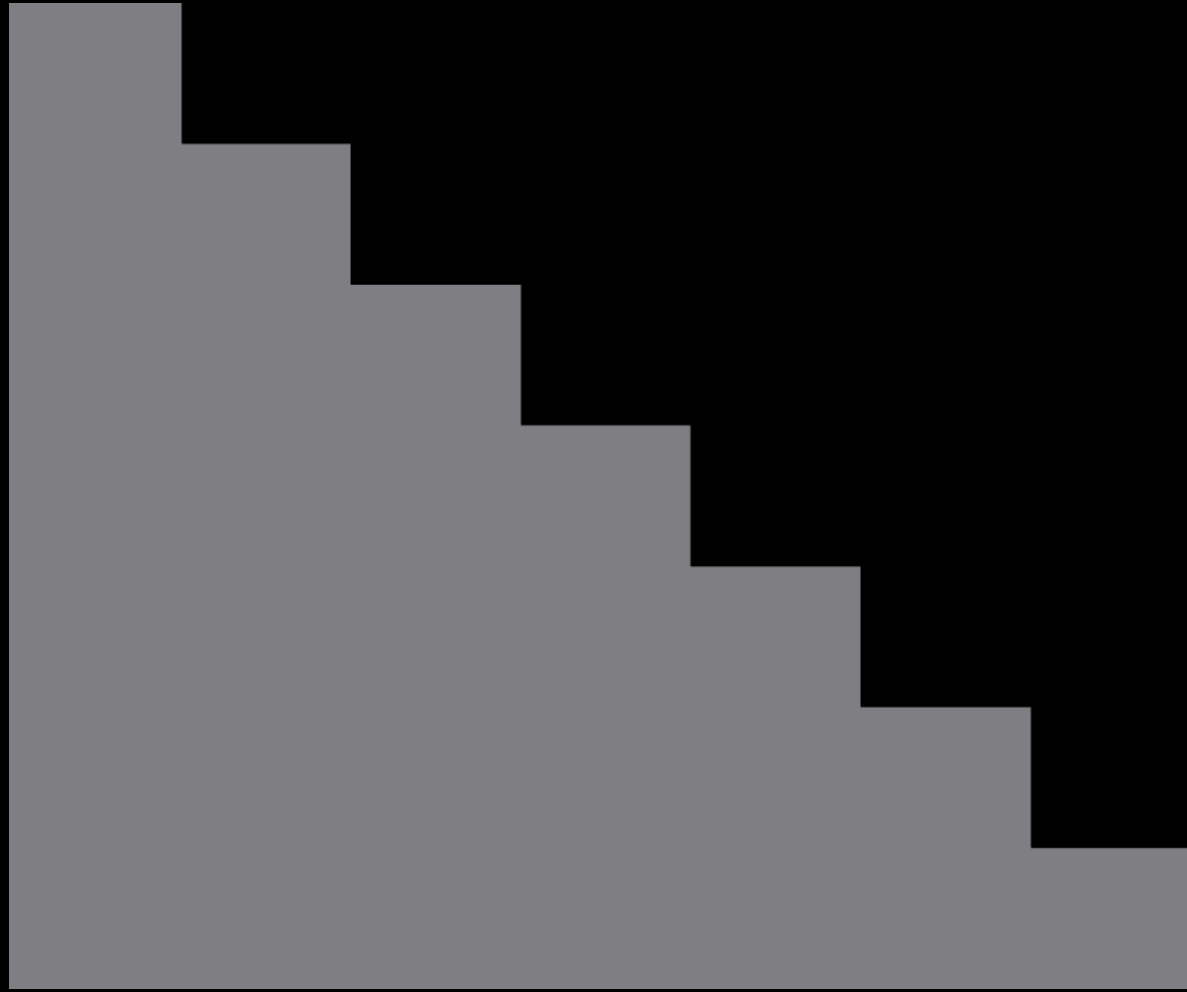
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GET

IT

RIGHT

**4. ALWAYS STEP
BALLAST TO BALLAST**



5. ALWAYS USE THE HANDRAIL



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DON'T

6. WALK AND TALK

SIX STEPS TO STAYING OUT OF HARM'S WAY:

- 1. Take care stepping out of your vehicle**
- 2. Stay focused first thing**
- 3. Take extra care when it's slippery and wet**
- 4. Always step ballast to ballast**
- 5. Always use the handrail**
- 6. Don't walk and talk**



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**ANY
QUESTIONS?**



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