NORTHERN POWERGRID

NEWSSAFETY

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Every employee and contractor, working for Northern Powergrid, should go home at the end of each shift uninjured and in good health after a productive days work

Watch Where You Walk

According to Health and Safety Executive figures, slips, trips and falls are the leading cause of major injuries in the UK workplace. These injuries can be devastating for the individuals involved. Northern Powergrid colleagues have also suffered slip, trip and fall injuries, with some taking place on staircases, which thankfully resulted in only minor injuries. However, once a fall takes place, in an office or out in the field, a combination of gravity and chance dictate the final outcome. There are some good habits to adopt when undertaking what is often seen as a routine, low risk activity.

- Plan the best route and ensure walkways and working areas are free from tripping and slipping hazards.
- Always wear appropriate footwear. You are less likely to slip if you use flatter soled footwear. In the field safety footwear must be worn at all times.
- At the edge of excavations ensure ground conditions are firm and will not give way. Ensure the edges are not undermined so that the top surface layer becomes load bearing to anyone working at the side of the excavation. Establish a safe route into and out of the excavation, stepping the excavation sides where necessary. Stick to the safe route you've designated and established as part of your risk assessment process.
- Use extra caution in wet or icy conditions.
- Ensure walkways, stairways and working areas are adequately lit.
- Focus on the task in hand - don't rush - take one step at time and move at a steady pace. Avoid:
    - Drinking/eating.
    - Talking or texting on a mobile phone.
    - Reading.
    - Carrying hot drinks in unsealed containers
- When using stairways:
    - Consider alternative routes such as using a lift or ramp (where available)
    - Always use the handrail and don't carry any load that requires both hands; one hand should always be free to hold onto a handrail.
    - Don't store materials, equipment and other articles in walkways or stairways.
- Promptly report all defects in office walkways and stairways (via 171 – Facilities help desk).