



Stumbling & falling

Some situations and circumstances on board can pose a risk of stumbling and falling. As a result, you can incur physical damage or fall overboard.



Threats

- Open hatches
- Untidy workplaces
- Poor lighting
- Slippery surfaces
- Obstacles on the floor
- Imbalance
- Bad weather conditions
- Poor or unsuitable footwear
- Rush
- Working at heights
- Missing or loose railing
- Lack of markings



Step 1: Collective measures

- ✓ Close hatch openings in the deck
- ✓ Remove obstacles
- ✓ Do not perform work in bad weather conditions
- ✓ Cover openings when they are not being used
- ✓ Mark openings, obstacles and dangerous situations
- ✓ Ensure the door entrance has the correct step height (e.g. 20 cm from the floor)
- ✓ Provide adequate and good lighting
- ✓ Provide anti-slip tape / threads on smooth floor surfaces / stairs
- ✓ Inspect and maintain ladders regularly
- ✓ Ensure preventive maintenance
- ✓ Perform a task-risk analysis when working at heights
- ✓ Apply fall (stop) protection when working at heights
- ✓ Provide sufficient points to grab when working on heights

Step 2: Individual measures

- ✓ Keep focussed and don't rush
- ✓ Use an approved scaffolding or ladder when working at heights
- ✓ Ensure tidy floors and workplace

Step 3: Personal protective equipment

- ✓ Use a harness belt with a shock absorber when working at heights
- ✓ Always use a life jacket when working on a ship
- ✓ Wear safety footwear (steel toe caps, foot support, insulating effect)