

# SAFETY MATTERS

## PREVENTING SLIPS, TRIPS, AND FALLS

Slips, trips, and falls are a leading cause of injury in the solid waste industry. These simple tips can reduce the risk of a life-changing accident.

- Use steps, railings, and handles when entering or exiting vehicles and equipment.
- Always maintain 3 POINTS OF CONTACT when climbing up or down. This means using two hands and a foot, or two feet and a hand.
- Do not run or rush when performing any job.
- Keep walkways and paths clear of clutter and well lit.
- Never jump from a height, even small distances. This includes the riding steps of trucks.
- Avoid walking backwards when possible. This is very important when directing vehicles or equipment.

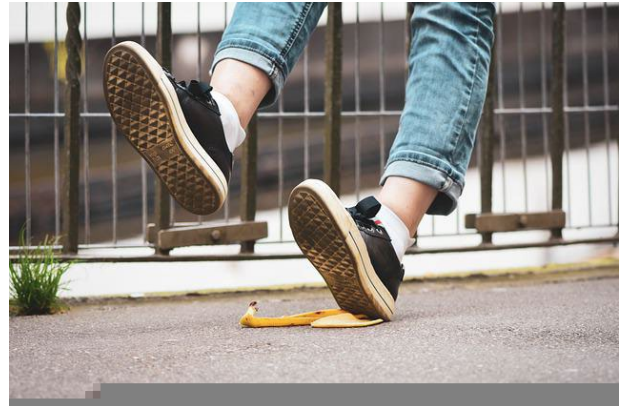


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