

Business:	Construction Services		BULLETIN
Title:	TOPIC OF THE MONTH – ACTION BULLETIN	Reference No:	CCS/TOM/.....
Issue Date:	April 2015	Issued By:	Heads Of IMS
Type of Bulletin:	Health & Safety		
Subject:	Descending from Plant		
Who is affected:	All plant operators drivers and people working on plant/vehicles		



Missing laces reduce ankle support



Maintain 3 points of contact while descending.



Details:	<p>We have recently had a number of events where operatives have injured their ankle stepping down from items of plant or vehicles.</p> <ul style="list-style-type: none"> ➤ A TM operative stepped down from a vehicle, twisted as he stepped down and got his foot lodged in a slot drain resulting in a twisted ankle. It later transpired that while his boots were good quality they weren't fasten properly because the laces had snapped ➤ A plant operator stepped down from his machine then immediately tripped over a step in the tarmac ➤ A plant operator stepping down from his machine stood on an uneven surface, twisting his ankle and stumbled backwards into a 500mm deep utility service excavation
Action Required:	<ul style="list-style-type: none"> ➤ Always check where you will be stepping down to e.g. level ground, no loose materials, no puddles ➤ Maintain three points of contact until both feet are on the floor ➤ Ensure steps and handles are in good conditions free from build-up of earth ➤ Wait until you are on the ground before turning to move off ➤ Ensure footwear provides sufficient ankle support, is in good condition and is laced up. The pre-start engagement covers footwear inspections but regular reviews should be considered
Further Information:	Use Phoenix & CIP Blue book for topic: http://apps502/IMS115_Carillion_IMS/index.htm
Original Source:	Recent accidents and incidents
Method for confirming that actions have been taken:	Local attendance/briefing sheet signature records to be filed with project records