

SAFETY FIRST

PREVENTING SLIPS, TRIPS, AND FALLS

Slips, trips, and falls are a leading cause of serious injury for all solid waste workers. The following tips can help prevent these incidents.

DON'T RUSH

Do not run or hurry when performing any part of your job. Every step counts.

MAINTAIN 3 POINTS OF CONTACT

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, to maximize stability.

CLIMB IN AND OUT OF VEHICLES CAREFULLY

Use equipment provided when entering and exiting a vehicle or equipment. This includes steps, railings, and handles.



NEVER JUMP

Never jump from a height, even small distances. This includes the riding step.

AVOID WALKING BACKWARDS

Minimize walking backwards whenever possible. This is especially important when directing vehicles or equipment.

WATCH OUT FOR HAZARDS

Be extra careful when working during wet conditions or when it's below freezing. Also look out for other liquids, like grease or oil on the ground.

Thank You to Our Sponsor!



FireRover
DETECT | EXTINGUISH | PROTECT

For more #SWANAsafety info and resources visit [SWANA.org/safety](https://www.swana.org/safety)