

THE STAY UPRIGHT -campaign Safety Session



Background

Slips and falls are the most common commuting accidents among working-age people, causing significant losses both to the workplace and to the individual.

Goal

The goal of the Safety Sessions is to create a shared understanding of how employers and employees can prevent accidents involving slipping and falling during commutes and business trips.

Implementation

Set aside about 15 minutes for the session.

1. Go through the background material and the presentation on accident statistics together.
2. Discuss where and how you can slip and fall on your way to work.
 - Where? Particularly high-risk situations include walking in your yard, getting in and out of a car or bus, walking or cycling to work and walking in the workplace parking lot.
 - Why? Reasons include rushing, being distracted by a phone, fatigue and slippery shoes.
3. What measures do you have in place to prevent slips and falls during commutes?
 - Use the list of measures in the presentation to help you. Which of these will you choose?
4. Watch the video '[Pitoa jalankulkueen](#)' (Grip for walking) by the Finnish Road Safety Council.
5. To conclude the session, do a balance-enhancing exercise together.

Read more on the [Stay Upright -campaign website](#).