

2018

GET A GRIP ON SAFETY

Activity Package 3 - Safety Moment
Access and Egress



SETTING THE STANDARD IN OIL AND GAS SAFETY

ENERGY
SAFETY
CANADA



ACCESS AND EGRESS



When you are going up or down, or into or out of equipment or facilities, you are at a higher risk of having a slip, trip or fall.





ACCESS AND EGRESS

How do we protect ourselves? Identify

Extreme caution is required when:

- Entering/exiting facilities
- Entering/exiting vehicles
- Using stairs

Be aware of your surroundings when walking around high traffic areas such as building or plant entrances:

- A lot of people means a lot of foot traffic
- Slippery conditions occur from packed down or melting snow

Be aware of at-risk states of mind, like rushing, frustration, complacency and fatigue. If you catch yourself in the wrong state of mind, stop what you're doing and refocus.



ACCESS AND EGRESS

What's Next? Control

Minimize slips, trips and falls while:

- **Accessing or exiting equipment or facilities**
 - Clear landings of tools or hazards
 - Ladder rungs can be slippery, maintain three-point contact
 - Don't over-reach or over-step when on ladders or stairs
- **Using stairways**
 - Always hold the handrails
 - Never use cell phones, overload yourself or get distracted
 - Maintain minimum of two-point contact at all times
 - Never fold your arms or keep hands in your pockets
- **Getting on and off public transportation, light vehicles or other equipment**
 - Pay attention to your surroundings
 - Use handrails when available
 - Be extra cautious during winter months and at night where falling temperatures affect access points.
 - Control yourself when getting in and out of a light vehicles with slippery parking lots.



ACCESS AND EGRESS

Take the right
steps to a safe
workplace

