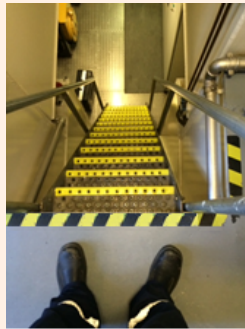


On average 1 or 2 times a month a crew member falls down a stairwell or ladder. Frequently, the crew member is injured, sometimes this even leads to permanent disability. Therefore, always be alert when you or your colleague steps on a stairwell/ladder.

GOOD PRACTICE

- ✓ Use markings and anti-slip.
- ✓ Make sure the area is well lit.
- ✓ Make sure ladders are secured.
- ✓ Wear appropriate footwear.
- ✓ Keep your hands free so you can hold the ladder with two hands (use a backpack.).
- ✓ Descend with your face towards the stairs.
- ✓ Do a LMRA (Last Minute Risk Assessment) (check if the steps are safe to use, also when going on or from board).



BAD PRACTICE

- ✗ Materials on the steps.
- ✗ Dirty steps; pay extra attention to quay side stairs that can be slippery because of algae or ice..
- ✗ Ladders/stairs in bad shape (dirty, broken, damaged).
- ✗ Both hands are not free because you carry something.



ACTION QUESTIONS

- What is the state of the ladders and stairwells on the ship? (Don't forget the rescue ladder!)
- What can we do to enhance the state of the ladders and stairwells? What would we need?
- How can we help each other to stay alert?

