

TAKE CONTROL

Stepping, Kneeling or Sitting on Objects

Information to help you prevent workplace injury and disease. By identifying causes and assessing and controlling risks you can take control of health and safety in your workplace.

Risk indicators in the workplace

Some things to look for include:

- Boxes, tools or mobile machinery lying on floor surfaces or on benches (for example, garden forks lying on ground);
- Cluttered or confined work areas that requires people to step or jump onto surfaces which cannot be clearly seen;
- Pathways which are too narrow for employees to stay on while carrying out their work;
- Nails sticking out of floors and benches;
- Broken glass left on floor surfaces or on seating; and
- Small rocks and pebbles left on walkways.

Examples of what can be done to stop such occurrences from happening

- Your workplace is kept uncluttered;
- Your workplace is designed to allow enough space for safe and easy movement through or around it;
- Walkways are made wide enough to walk on while working without people having to move off them;
- Tools can be stored properly when not in use;
- Materials such as nails, and glass are disposed of properly and are not left lying around;
- Where an object which could be stepped on or sat on cannot be cleared away immediately, then caution signs are used to identify the area and barriers put around it;
- Regular workplace inspections are carried out of the workplace; and
- Appropriate personal protective equipment is made available (for example, knee pads for gardeners and safety footwear in construction work).

To find out more

The [Workplace Health and Safety Act](#) and the [Workplace Health and Safety Regulations](#) outline the minimum standards and the process to manage occupational health and safety in your workplace.

Specific regulations to note in respect of this topic are:

Regulation 47 Access and Egress.

Regulation 49 Housekeeping.

Australian Standards applicable to this topic include:

[AS 2210](#) Safety footwear

[SAA HB9](#) Occupational personal protection

[Australian Standards](#) are available from the Territory Construction Association, phone 8922 9666. Australian Standards can be viewed online by visiting the Northern Territory Library, Parliament House, ph. 8999 7177.

Or please contact NT Worksafe on 1800 019 115 or go to worksafe.nt.gov.au

NT WorkSafe kindly acknowledges WorkCover SA.