FALL PROTECTION

Falls are a leading cause of injury and death in the workplace. Here are some tips to help keep you safe.

GUIDELINES

+ Identify all potential tripping and fall hazards before work starts.
+ Inspect fall protection equipment for defects before use.
+ Select, wear, and use fall protection equipment appropriate for the task.
+ Do not climb outside of scissor lift or work while standing on hand rails.
+ Secure and stabilize all ladders before climbing them.
+ Look for fall hazards such as unprotected floor openings/edges, shafts, skylights, stairwells, and roof openings/edges.
+ Never stand on the top run/step of a ladder.
+ Use handrails when you go up or down stairs.
+ Practice good housekeeping. Keep cords, welding leads and air hoses out of walkways or adjacent work areas.

Information provided by OSHA