

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.