



## FALL PROTECTION: PREVENTION

**All of us** are exposed to potential falls *all* the time. If we rush into things—if we don’t look where we are going, if we don’t take the time to do it right—a fall can lay us out. It can happen anywhere—on the job, on the street or at home. But with more thought and care, with good habits and strong attitudes toward fall protection, we can enjoy a fall-free, safer and longer life.

### FALL-PREVENTION CHECKLIST

- Slipping hazards** Keep oil spillage cleaned up. Watch footing on wet, muddy or icy surfaces.
- Tripping hazards** Keep scrap picked up. Be especially alert to objects that could trip you up when carrying objects. House-keeping should never be overlooked or avoided.
- Ladder safety** Ladders should be the correct length, tied off and in good condition. Always descend facing the ladder. Do not carry materials when ascending or descending; always use a hoist or rope to raise and lower tools and materials. Ascend or descend one rung at a time; do not attempt to take two or more rungs at a time, and always use a firm grip.
- Handrails** Check to ensure that all rails are in good condition. Replace any rails that are damaged or missing. Check to make sure all rails and toeboards are properly installed.
- Safety harnesses and lifelines** Inspect body harnesses, lanyards and retractable lifelines daily before putting them into use. Use them when required without exception.
- Climbing down** *Always climb down* from equipment, walls, trailers, etc.—never *jump* down. Jumping is a major cause of fall injuries (not to mention fractures, strains and sprains).
- Non-routine or unusual jobs** Plan the work, consider the hazards, have the proper equipment. Ask if you are uncertain about the safe way to proceed.
- Impatience and improvisation** *Haste makes waste!* Don’t be in a big hurry; take time to be safe. The safe way is *always* the right way!

