

Falls Infographic

SAFETY FIRST

YOU CAN PREVENT WORKPLACE FALLS

MILLIONS VISIT THE EMERGENCY ROOM FOR FALL-RELATED INJURIES EACH YEAR. BY PLANNING AHEAD, ASSESSING RISKS, AND USING THE RIGHT EQUIPMENT, YOU CAN STAY SAFE.

DETERMINE NECESSARY SAFETY EQUIPMENT BEFORE YOU BEGIN THE TASK. NEVER USE OLD OR DAMAGED EQUIPMENT. ONLY USE EQUIPMENT AND PERFORM TASKS ON WHICH YOU HAVE BEEN TRAINED.

SCAN THE AREA FOR POTENTIAL HAZARDS (OR INCLEMENT WEATHER, IF YOU'RE WORKING OUTSIDE).

USE THE CORRECT TOOL FOR THE JOB.

USE THE LADDER OR STEPLADDER'S LOCKING DEVICE AND KEEP **2 HANDS AND 1 FOOT (OR 2 FEET AND 1 HAND)** ON THE LADDER AT ALL TIMES.

WEAR SLIP-RESISTANT SHOES AND DO NOT STAND HIGHER THAN **THE THIRD RUNG FROM THE TOP OF THE LADDER.**

A STRAIGHT OR EXTENSION LADDER SHOULD BE **1 FOOT AWAY** FROM THE SURFACE IT RESTS ON FOR **EVERY 4 FEET OF HEIGHT**

NEVER LEAN IT AGAINST AN **UNSTABLE SURFACE.**

SET UP EQUIPMENT ON **LEVEL GROUND.**

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