



## **YOU DON'T HAVE TO FALL FAR TO GET HURT BAD!**

Falls are OSHA's number one killer in construction. We may not see a lot of falls from big heights, but even the slips and trips that we see most often cause a lot of injuries – and are usually very preventable.

### **PAY ATTENTION TO WHERE YOU ARE WALKING**

- Make sure to keep working and walking areas clean of trash, scrap and other material that could cause you or others to trip and fall
- Put the phone down and watch out for hazards
- Stay on designated walkways that are cleared of snow, ice, mud or other debris

### **USE LADDERS THE RIGHT WAY**

- Whenever possible, try to use something other than a ladder – scaffold, lift or other device that is more stable and offers more protection.
- Make sure that ladders are secured and that you keep your hands clear when climbing up and down.
- Watch the rungs as you climb to make sure you aren't missing a step. Take it slow and pay attention to where you are.
- Keep the top and bottom area around the ladder clear of things you could trip on when you are getting off the ladder.

### **PROTECT PEOPLE FROM FALLS**

- Be sure that exposed edges are protected with guardrails or personal harness and lanyard systems.
- Everyone that is six feet or more above the ground or a lower level must be protected – but some smaller distances may require protection, too.
- Open holes must be covered, secured and marked to protect against falls. Even small holes can be a tripping hazard – even you can't fall through.

**IF YOU SEE SOMEONE DOING SOMETHING THAT COULD GET THEM HURT, SAY SOMETHING! WATCH OUT FOR EACH OTHER AND SPEAK UP FOR SAFETY!**