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. Housekeeping 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!
DATE: ________________________   JOBSITE: ______________________________________________________________

DISCUSSION LEADER: __________________________________________________________________________________

ATTENDANCE SIGN-IN:  

OTHER SAFETY ISSUES DISCUSSED:

RESULTS OF JOBSITE INSPECTIONS

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