I worked construction for 10 years before my fall. It shattered my body and my livelihood.

Work safely. Use the right equipment.

Wear a harness and always stay connected
Make sure your harness fits
Use guardrails or lifelines
Inspect all fall protection equipment before use
Guard or cover all holes, openings, and skylights

DON'T disconnect from the lifeline
DON'T use defective equipment
DON'T work around unprotected openings or skylights

PLAN ahead to get the job done safely.
PROVIDE the right roof equipment.
TRAIN everyone to use the equipment safely.

Safety Pays. Falls Cost.
www.osha.gov/stopfalls/
Choose the right ladder for the job
Maintain three points of contact
Secure the ladder
Always face the ladder

DON’T
overreach

DON’T
place the ladder on unlevel footing

DON’T
stand on top or on the top step of a stepladder

DON’T use a ladder on top of a scaffold

PLAN ahead to get the job done safely.
PROVIDE the right ladder and equipment.
TRAIN everyone to use the equipment safely.

Use fully planked scaffolds
Ensure proper access to scaffold
Plumb and level
Complete ALL guardrails
Ensure stable footing
Inspect before use (by competent person)

DON’T
stand on guardrails

DON’T
climb cross-braces

PLAN ahead to get the job done safely.
PROVIDE the right scaffold and equipment.
TRAIN everyone to use the equipment safely.

FALLS FROM LADDERS CAN BE PREVENTED!
FALLS FROM SCAFFOLDS CAN BE PREVENTED!