

# Falls



## The 4 A's of Fall Prevention

### To Keep Safe

#### **ASK** yourself before beginning your work:

- Is a fall protection plan in place?
- Are you trained in and using proper fall protection equipment?
- Are fall prevention systems like guardrails in place?
- Are you maintaining three points of ladder contact at all times?
- Are you working on a ladder outdoors in windy or inclement weather? Don't!
- Is the base of the ladder on a firm, solid surface?
- If on scaffolding, does it meet OSHA's scaffolding standard?

#### **Be AWARE** Keep an eye out for possible hazards:



- Tears in the carpeting
- Spills on the floor
- Obstacles blocking a walkway
- Clutter on stairs
- Cords trailing on the floor

#### **ADDRESS** the hazard Don't assume someone else is taking care of it:

- Make sure there's adequate lighting
- Clean up manageable spills
- Find out what's causing it and report
- Alert whomever is in charge



#### **ALWAYS** keep safety top of mind:

- Don't walk too fast
- Don't carry anything that obstructs your view
- Watch where you're going – even in familiar areas
- Avoid distractions like cell phones
- Wear proper footwear
- Use ladders to reach heights – never boxes or chairs
- Look out for changes in elevation
- Take care when ground is wet or icy
- Report every fall, even minor slips



**Falls to a lower level is the second leading cause of workplace fatalities.**



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