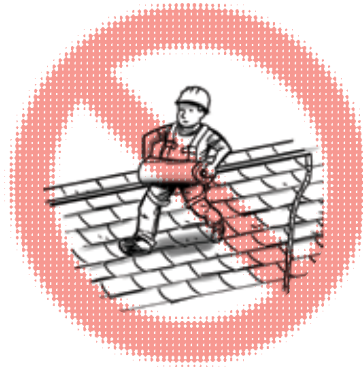
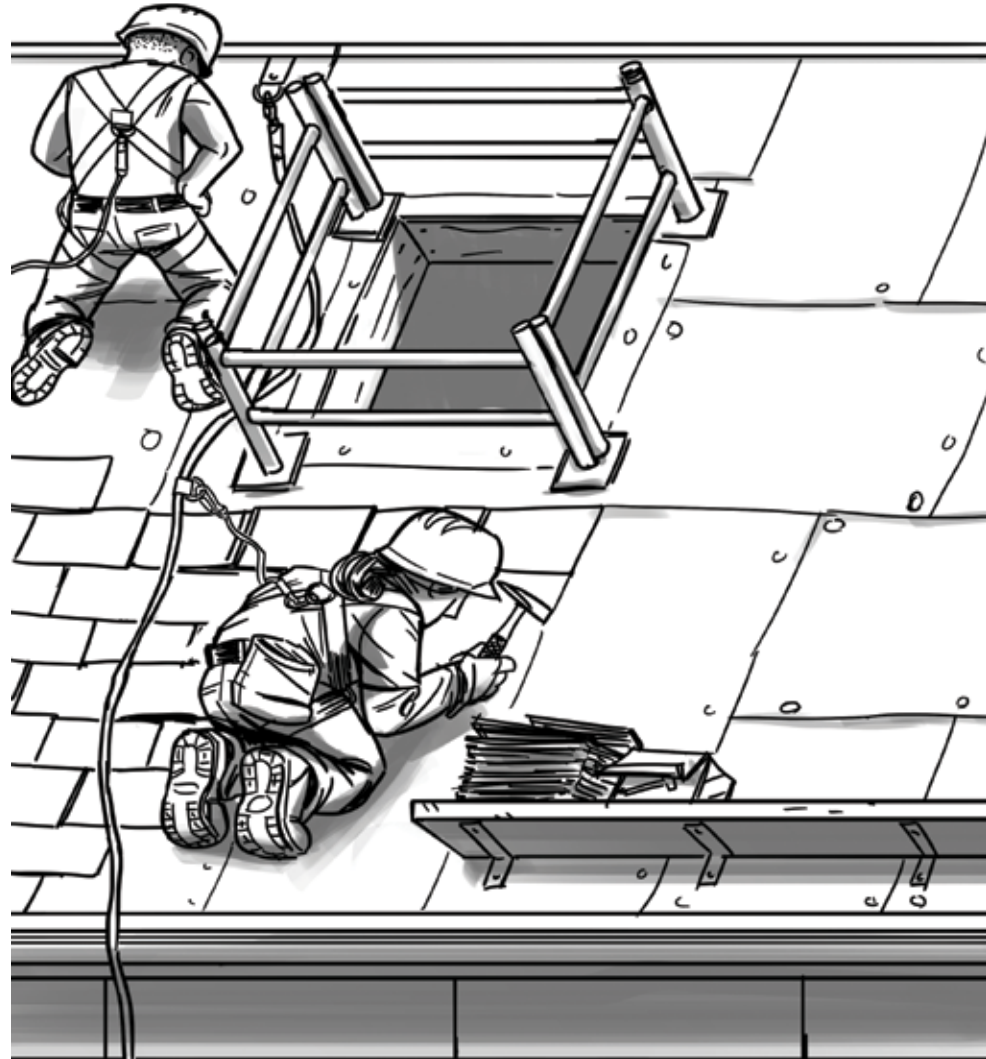


- ✓ Wear a harness and always stay connected
- ✓ Make sure your harness fits
- ✓ Use guardrails or lifelines
- ✓ Inspect all fall protection equipment before use
- ✓ Guard or cover all holes, openings, and skylights



**DON'T**  
disconnect from  
the lifeline



**DON'T**  
work around unprotected  
openings or skylights



**DON'T**  
use defective equipment

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

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

**Work safely. Use the right equipment.**



Safety Pays. Falls Cost.  
[www.osha.gov/stopfalls/](http://www.osha.gov/stopfalls/)

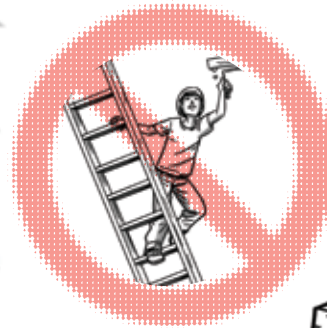


Occupational  
Safety and Health  
Administration

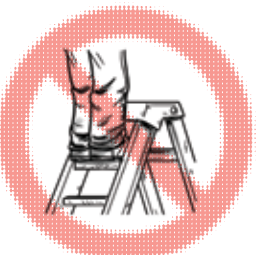
1-800-321-OSHA (6742) • TTY 1-877-889-5627  
[www.osha.gov](http://www.osha.gov)

# FALLS FROM LADDERS CAN BE PREVENTED!

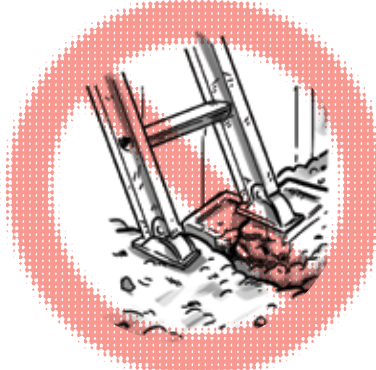
- ✓ Choose the right ladder for the job
- ✓ Maintain three points of contact
- ✓ Secure the ladder
- ✓ Always face the ladder



**DON'T**  
stand on top or on the  
top step of a stepladder



**DON'T**  
overreach



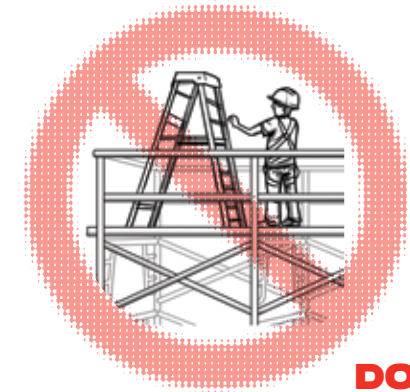
**DON'T**  
place the ladder on  
uneven footing



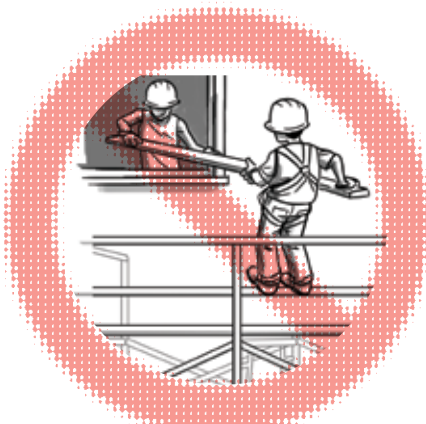
**PLAN** ahead to get the job done safely.  
**PROVIDE** the right ladder and equipment.  
**TRAIN** everyone to use the equipment safely.

# FALLS FROM SCAFFOLDS CAN BE PREVENTED!

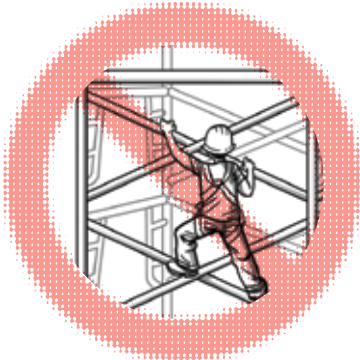
- ✓ Use fully planked scaffolds
- ✓ Ensure proper access to scaffold
- ✓ Plumb and level
- ✓ Complete ALL guardrails
- ✓ Ensure stable footing
- ✓ Inspect before use (by competent person)



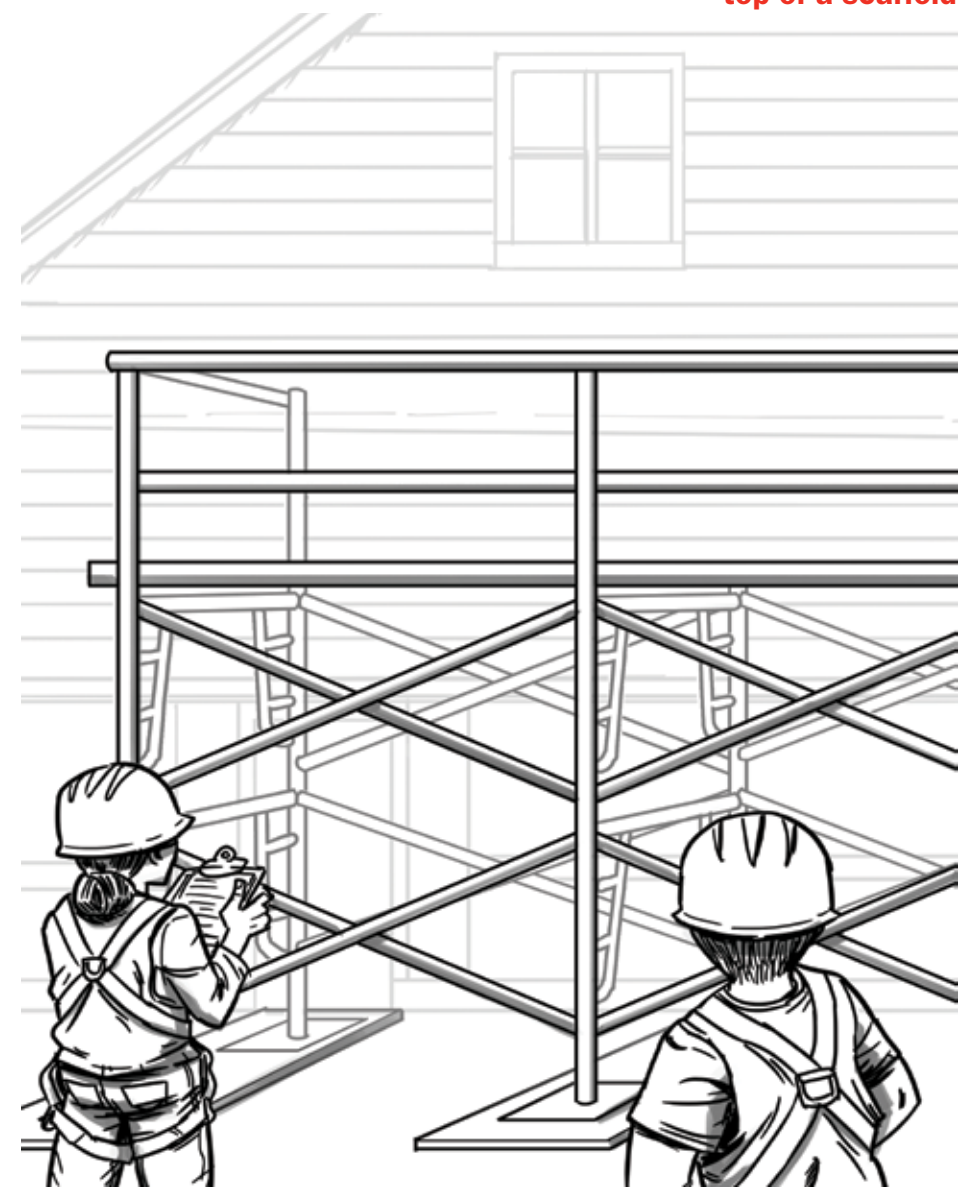
**DON'T**  
use a ladder on  
top of a scaffold



**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.