



CELEBRATING
100 YEARS
OF SAFETY



Safety starts with me

Remember

With many fall-from-height incidents involving the misuse of ladders, it's becoming increasingly important to be educated on their proper usage.

Preventing falls from a height

Don't take shortcuts when it comes to safety

When there's a job that needs to be completed, we often feel a pressing need to get it done fast. It's important to remember, however, that the job will not be done well if it is not done safely. Here are some tips to help you prepare when working from a height, whether it be a ladder, roof or scaffolding.

Plan Ahead

- First, determine if working from a height is absolutely necessary or if there are any engineering controls that could be used to remove the risk
- Before starting working, divide up the tasks among your coworkers and determine what safety equipment will be needed
- Make sure you have the necessary equipment available to do the job safely and are properly trained on how to use it
- Scan your work area for potential hazards before starting the job
- Make sure you have level ground to set up your equipment
- If working outside, check the weather forecast ahead of time in case of inclement weather

Use the Right Equipment

- Not every ladder or scaffold is appropriate for every job – use the correct tool for the job
- Use equipment as intended—never use a folding ladder when it is closed, don't create makeshift scaffolding out of ladders and boards, etc.
- Ensure that stepladders have a working locking device to hold the front and back open
- Never use old or worn equipment
- When trying to reach a roof, make sure the ladder extends three feet higher than the roof's edge
- Ladders used to access another level should be securely tied
- Never tie multiple ladders together to make them longer, unless they are designed for such a purpose
- Follow the same safety standards at work and home:
 - Do not stand on a chair or other piece of furniture, especially one with wheels, when trying to reach something high
 - If you do not have the proper equipment available, look into purchasing or renting it from your local hardware or home services store—do not attempt to make it yourself
 - Keep ladders in good condition and inspect them before use – for example, a stepladder with missing feet could cause it to be unsteady and hazardous to use

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