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?

**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

**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

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

SOURCE: Injury Facts® (injuryfacts.nsc.org)