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

Work safely. Use the right equipment.

Don't:
- Disconnect from the lifeline
- Work around unprotected openings or skylights
- Use defective equipment
- Use guardrails or lifelines
- Inspect all fall protection equipment before use
- Guard or cover all holes, openings, and 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/
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
- Overreach
- Place the ladder on unlevel footing

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
- Stand on guardrails
- Climb cross-braces

PLAN ahead to get the job done safely.

PROVIDE the right ladder and equipment.

TRAIN everyone to use the equipment safely.