PREVENT SLIPS, TRIPS & FALLS ON WALKING SURFACES

✓ Keep work areas clear of debris.

✓ Avoid placing equipment or tools in passages and walkways.

✓ Be mindful of warning signs posted at your jobsite.

✓ Cover all cables and cords in walkways or work areas.
AVOID OVEREXERTION & MUSCULOSKELETAL INJURIES

✔ Do gentle range of motion movements to warm up muscles prior to starting each shift.

✔ Never assume the weight of an object solely based on size. Try out the load first by pushing it or lifting a corner. If it is too heavy, get help.

✔ Lift slowly and steadily, using your legs, not your back.

✔ Do not lift awkward-shaped items. Instead, use a partner or mechanical means to assist.

✔ Turn with your feet instead of twisting at your waist.

✔ Be aware of the symptoms associated with heat-related illnesses and seek help immediately if you or a coworker become ill.
DON’T BE CAUGHT OFF-GUARD BY FALLING OBJECTS & EQUIPMENT

✓ Wear hard hats and safety glasses at all times.

✓ Inspect hard hats regularly and replace those that show signs of damage.

✓ Be aware of your surroundings and of those working around, above and below you at all times.

✓ Stay alert and report hazards.

✓ Use caution when working in high wind conditions.
AVOID FALLS FROM ELEVATED LEVELS

 ✓ Proper training is important – if you have questions, ASK!

 ✓ Use fall protection when on a walking/working surface more than 6 ft. (1.8 m) above a lower level (refer to company’s site-specific fall protection plan).

 ✓ Use fall protection when on a scaffold over 10 ft. (3.1 m).

 ✓ Use a properly fitted personal fall arrest system with an adequate anchorage point.

 ✓ Make sure to use ladders as they are intended, following manufacturer recommendations and providing a level surface to be placed on.

 ✓ When climbing ladders, maintain at least three points of contact at all times, and do not stand on the top rung.

 ✓ Notify employers of areas where guardrails are damaged or missing.