



FALL PREVENTION CHECKLIST



Falls are a leading cause of injury both on and off the job. We need to be constantly scanning our environment to watch out for possible slip, trip and fall hazards – even in familiar situations. Use the following checklist to help prevent falls wherever you are.



Falls at home:

- Keep clutter off of the stairs
- Clean up spills immediately
- Maintain good lighting both indoors and outdoors
- Never stand on chairs or boxes to reach something high - use a ladder



Office falls:

- Keep drawers closed when not in use
- Keep cords taped down and out of walkways
- Avoid distractions while walking
- Don't carry a load that is so large it impairs your vision



Falls from heights:

- Use proper fall protection for the job
- Be trained on how to use fall protection and fall arrest systems required for your work
- Always maintain three points of contact when climbing a ladder (two hands and one foot or two feet and one hand)
- Only place a ladder on a solid surface



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NATIONAL SAFETY MONTH 2018