



TAKE ACTION TO PREVENT FALLS

- Use common sense and caution at all times.
- Wear sturdy shoes with nonskid soles and short laces.
- Avoid wearing long, loose pants you could trip over.
- Walk slowly and watch where you are going—don't run!
- Don't lean on guardrails.
- Do not engage in horseplay.
- Clean up all spills promptly.
- Take special care on icy surfaces.
- Don't carry a stack of materials you can't see over.
- Carry only tools and materials you need to upper levels.
- Keep all tools, equipment, and materials as far away from the edge as possible.
- Dispose of trash regularly and properly.
- Stay away from edges, even if they're guarded, unless you're performing a specific task there.
- Obey verbal warnings, signs, warning lines, and barriers.
- Don't enter a controlled access zone without authorization.
- Use assigned personal protective equipment, such as a personal fall arrest system and a hard hat.
- Inspect your personal fall arrest system before each use to make sure it is in good condition and safe to use.