

## Fall Protection – More Precautions

Falls disable 400,000 workers each year. Use caution to avoid falling accidents.

### If you are on ground level:

- Watch out for slippery spots such as oil, grease or water spills.
- Use aisles. Don't take shortcuts through storage and machinery areas.
- Look out for objects on the floor that can roll, slide or trip you.

### If you are higher up:

- Don't run on stairs. Use a handrail.
- Inspect safety harnesses and lines before using them.
- Never jump from work stages, trucks, or loading docks.
- Use ladders the right way.

### Ladder use:

- Inspect a ladder for cracks and loose rungs.
- Choose a ladder long enough so you can stay off the top.
- Face the ladder when ascending or descending.
- Ensure that only one person at a time is on a single ladder.
- Climb with both hands holding the rungs.
- Do not overreach. Be sure of our balance by keeping your belt buckle between the rails.
- A ladder should have safety feet. Use a board on soft earth or to level the feet.

**The 4 to 1 rule:** Set the ladder one foot out for every four feet up to the point of support. Rungs are one foot apart so it's easy to figure the angle.

*Always use caution when there is potential for a fall.*

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This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: \_\_\_\_\_ Date: \_\_\_\_\_

Trainer: \_\_\_\_\_ Trainer's Signature: \_\_\_\_\_

**Class Participants:**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

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