

Slips, Trips and Falls

Avoid slips and trips...



- ☞ Make sure walkways and stairs are well lit.
- ☞ Look before you walk—make sure your pathway is clear.
- ☞ Wear slip-resistant, well-fitted footwear.
- ☞ Clean up debris after each job and report accidental spills immediately.
- ☞ Secure wires, cords and cables away from walkways.
- ☞ Use safety cages and fall restraint devices whenever you are more than 6 feet up.
- ☞ Walk, don't run!

Use ladders safely...

- ☞ Use the 4-to-1 ladder rule—set the base of the ladder 1 foot away from the wall for every 4 feet of ladder height.
- ☞ Tie off the ladder or have someone support the base.



- ☞ Never use the top two rungs of a ladder.
- ☞ Never over-reach, especially while on a ladder.