

# SLIPS, TRIPS AND FALL PREVENTION

Slips, trips or falls are common occurrences in construction work, accounting for the majority of serious and fatal injuries in the industry. In fact, about half of all fatal falls occur in construction.<sup>1</sup>

You can help prevent these potentially tragic mishaps with:

- Proper housekeeping
- Use of ladders and guardrails
- Fall protection procedures and devices

## HOUSEKEEPING

- Clean up oily or greasy material immediately.
- Don't store materials or equipment within entry or exit paths.
- Keep floors, platforms, stairs, and walkways in good repair.
- Make sure work areas and travel paths are well-lit.
- Keep building materials stacked in their proper area.
- Always wear proper footwear and keep work areas free of snow and ice.

## LADDERS

- Never use a damaged ladder.
- Face the ladder when climbing or descending.
- Secure the ladder to prevent movement.
- Extend the ladder three feet beyond the landing.
- Use the ladder at a proper angle: 4 to 1.
- Never work from the top two steps of a stepladder.

## GUARDRAILS

- Handrails: At 42" (+/- 3") - 200 lbs. strength requirement, minimal deflection.
- Midrails: Halfway between handrail and floor - 150 lbs. strength requirement.
- Toeboard: At floor level, 3 ½" high.

## COVERING FLOOR AND ROOF OPENINGS

All openings of two inches or greater - including skylights - must be protected by adequate covers.

- Covers must be able to support two times the intended weight.
- Secure covers against movement.
- Use signage that reads "Hole" or "Cover."
- Protect large holes with guardrails.

## PERSONAL FALL ARREST SYSTEM (PFAS)

- Use a full body harness. Position the D-ring in the middle of the worker's back.
- D-rings, double locking snap-hooks, shock-absorbing lanyards, and vertical lifelines must have a minimum strength of 5,000 lbs.
- When using vertical lifelines, attach each worker to a separate lifeline.
- Horizontal lifelines must be designed, installed and used under supervision of a qualified person.
- Protect all lifelines from cuts, abrasions and other damage.
- Each anchorage must be capable of supporting at least 5,000 lbs. per worker attached.

WEEKLY JOB HAZARD ANALYSIS		Date:	Job:
TASK	HAZARD	CONTROL	
1			
2			
3			
4			
EMPLOYEE SIGNATURES (use reverse side for additional signatures)			

<sup>1</sup> United States Department of Labor. Bureau of Labor Statistics. Census of Fatal Occupational Injuries Summary, 2014. September 17, 2015. Available: [bls.gov/news.release/cfoi.nr0.htm](https://www.bls.gov/news.release/cfoi.nr0.htm).

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