

AVOIDING FALLS AT WORK CHECKLIST

Be proactive! Eliminate hazards and prevent injuries at your worksite.

Many serious and fatal injuries are caused by falls. They can happen anywhere, especially at a construction site. Prevent slips and trips. You can keep your work site safe by taking proactive steps to eliminate hazards. Remember, report unsafe conditions that you cannot correct to your supervisor immediately.

Preventing falls can be easy

Many falls can be prevented when the causes are recognized. Here are common problems to avoid:

1. Debris, lumber, tools, and equipment scattered over the floor.
2. Slippery areas from ice or spills.
3. Materials or tools placed in stairways.
4. Worn tread and shaky handrails on stairs.
5. Improper ladder placement.
6. Improper use of scaffolding.
7. Hurrying.

Icy conditions are a falling hazard. In inclement weather, make sure parking lots and sidewalks are cleared and treated immediately. Clean up your work site by storing tools in a box or rack when not in use and placing debris in a scrap container.

Checklist

1. Are construction sites regularly cleared of lumber, debris, equipment, and tools?
2. Are oil and grease spills cleaned up immediately?
3. Are temporary handrails and barricade rails placed on stairs?
4. Are floor openings and pits barricaded or securely covered?
5. Is ladder safety practiced? See the [Ladder Safety Checklist](#) for more ways to stay safe.
6. Is scaffolding safety practiced? Check out the [Scaffolding Safety Checklist](#) to stay safe.

When a slip, trip, or fall occurs, a person may be thought of as clumsy or inattentive; however, most slip, trip, and fall incidents are preventable.

Thought Provokers

1. What conditions can you think of at our workplace that could cause an accident?
2. How can we address those hazards?
3. Are there any specific points or problems you wish to discuss?