

## Ladder Safety

### Choose the Right Ladder

Using the wrong ladder can be dangerous. Think about the task at hand, choose the right size and style, and be sure to follow the directions on the ladder before you climb.

### Start With a Firm Foundation

No matter what kind of ladder you're using, place the base on a firm, solid surface and avoid slippery, wet or soft surfaces.

### Climb With Care

When people use ladders frequently at work or at home, they run the risk of becoming complacent. Make sure every time you step on a ladder you are mindful of the task at hand, have reviewed the labels on the ladder and confirmed that the ladder is in good working condition.

**Source:** <https://www.nsc.org/home-safety/tools-resources/safety-checkup/ladders>

### February Vivid Courses:

#### All:

Ladder Safety Overview

#### Operations:

Construction—Fall Protection

## Fall Protection

### Why is fall protection important?

Falls are among the most common causes of serious work related injuries and deaths. Employers must set up the work place to prevent employees from falling off of overhead platforms, elevated work stations or into holes in the floor and walls.

### What can be done to reduce falls?

Employers must set up the work place to prevent employees from falling off of overhead platforms, elevated work stations or into holes in the floor and walls. OSHA requires that fall protection be provided at elevations of four feet in general industry workplaces, five feet in shipyards, six feet in the construction industry and eight feet in longshoring operations. In addition, OSHA requires that fall protection be provided when working over dangerous equipment and machinery, regardless of the fall distance.

Guard every floor hole into which a worker can accidentally walk (using a railing and toe-board or a floor hole cover).

Provide a guard rail and toe-board around every elevated open sided platform, floor or runway.

Regardless of height, if a worker can fall into or onto dangerous machines or equipment (such as a vat of acid or a conveyor belt) employers must provide guardrails and toe-boards to prevent workers from falling and getting injured.

Other means of fall protection that may be required on certain jobs include safety harness and line, safety nets, stair railings and hand rails.

**Source:** <https://www.osha.gov/SLTC/fallprotection/>