What Can You Do Today to Prevent a Fall?

Protect yourself and your crew by following these tips.

Cover holes with at least 3/4 inch plywood, oriented strand board or other cover that supports at least twice the weight of workers and materials, and secure the wood with nails or screws

Always use fall protection equipment when working on roofs higher than 6 feet off the ground

Make sure the top of the ladder extends at least 3 feet above the surface you are climbing to, and the side rails extend at least 1 foot above the top rung

Use an access ladder to climb onto the scaffold

Always tie off the ladder

Position the ladder at a 4 to 1 angle*

Use a screw jack to stabilize the scaffolding framework

Make sure there are guardrails

Join the Campaign to Stop Construction Falls!

www.stopconstructionfalls.com

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CDC

NIOSH

NORA

CPWR THE CENTER FOR CONSTRUCTION RESEARCH AND TRAINING

*Use the free NIOSH ladder app to determine the correct angle: https://www.cdc.gov/niosh/topics/falls/mobileapp.html

#StandDown4Safety

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