

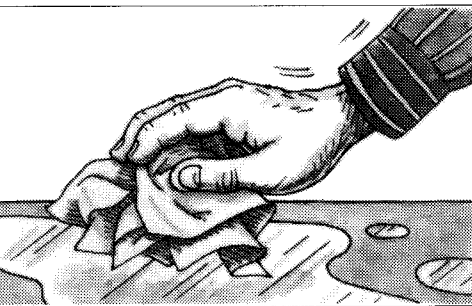
FALLING DOWN ON THE JOB CAN LEAVE YOU FLAT

According to the National Safety Council, falls kill more people on the job than any other kind of accident except those involving vehicles. In fact, falls cause one of every five work-related injuries. About half of these falls are from a higher to a lower level. The other half occur on level ground.

Although the statistics are alarming, the truth is, most falls can be prevented. All it takes is learning to recognize fall hazards and taking steps to prevent them.

Watch for Wet Surfaces

If you work in a job where cleanliness and sanitation are critical, the work surface may be constantly wet. It's easy to slip if you walk fast, turn sharp corners or wear inappropriate shoes. If you must walk on a wet surface, slow down and take short steps to stay balanced.



When you see water, oil or any type of spill, clean it up right away or mark it with a sign, paper towels or wastebasket, then report it.

If you work in a hospital, gas station or industrial plant, the work surface can occasionally become wet. Leaving behind a spill—even a minor coffee spill—can cause a co-worker to slip and fall. When you see water, oil or any type of spill, clean it up right away or mark it with a sign, paper towels or wastebasket; then report it.

Short Cuts Can Be Costly

Because there's so much to get done every day, it's tempting to take short cuts. However, taking a short cut—such as carrying a load too big to see over, instead of making two trips—can be a costly mistake. Make sure you can see where you're going, even if it means an extra trip.

Keep Work Areas Well-Lit and Clean

Always turn on the lights before entering a dark room, even if you're only going in for a minute. Replace light bulbs as soon as they burn out.

Clutter in the work area is another common hazard. Tools, boxes, boards, pipes or rope left lying around can cause a bad fall. So keep work areas, especially storage rooms and walkways, free of clutter.

Use Ladders Safely

Be sure you have the right ladder for the job. Do you need a small stepladder or an extension ladder? If you're not sure what you need, check with your supervisor. Don't

invent climbing equipment. Follow these rules for ladder safety:

- ▼ Follow the four-to-one rule: Set the base out of the ladder one foot away from a wall or other support for every four feet of ladder height.
- ▼ Be sure the ladder is standing on stable ground and ask someone to hold the base or tie off the ladder securely.
- ▼ Make sure a ladder extends three feet beyond the roof of a building.
- ▼ When using a ladder, never climb on the top two rungs.
- ▼ Always use nonconductive ladders around electrical hazards.

Makeshift Ladders Are Shifty

It's tempting to use whatever is handy as a makeshift ladder. Standing on top of a trash can to reach something or making a ladder taller by putting a box on top are common fall hazards. Because makeshift ladders are never quite right for the job, you may find yourself overreaching or making other unsafe movements, which can result in a fall. ❏

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No matter how tempting it is to "build" a ladder, use the right climbing equipment for the job.