



March 2024 Safety

Fall Protection and Ladder Safety

Safety is a top priority on the job site, and that includes preventing falls and ensuring ladder safety.

Here are some crucial tips to keep our construction family safe:

- Gear Up for Heights.
 - Always wear the right fall protection gear. Harnesses, lanyards, and anchor points are important to have when working with heights.
- Inspect your Gear
 - Before ascending, give your fall protection gear a thorough look over. Any signs of damage, replace immediately.
- Choose the Correct Ladder
 - Not all ladders are created equal. Select the appropriate ladder for the task, ensuring it's in good condition.
- Training Matters
 - Ensure everyone on the team is trained in fall protection and ladder safety. Knowledge is power.
- Have a Partner
 - Having someone steady the ladder or keep an eye out for potential hazards adds an extra layer of safety.
- Maintain Three Points of Contact
 - When Climbing or descending a ladder, always have three points of contact.

Lets continue to build safety on job sites.