Catching yourself during a fall only happens in the movies. If you are working above 7-1/2 feet (or 15 feet for residential framing), at least one of these three systems must be in place:

1. Guardrail
2. Safety Net
3. Full-body safety harness to prevent or arrest falls

- Harness must be tied off to something able to support 5000 pounds per worker.

Scaffold Safety
- One in five deaths from falls are from scaffolds.
- Scaffolds must be properly engineered and erected under supervision of a “qualified” person.
- The scaffold should be inspected before each workshift and when anything happens to affect the structure.

Always Use Ladders Safely:
- Always use the proper ladder for the job and inspect it for damage before you use it.
- Do not exceed maximum load and height rating (look for label).
- Face ladder and keep centered when climbing up or down. Maintain three-point contact (two hands and a foot, or two feet and a hand).
- Use a tool belt to keep hands free.
- Never climb higher than the second step from the top.

This flyer should be used along with more detailed safety training. While every effort has been made to ensure information is current and accurate, the SBCTC does not assume any liability for errors or omissions. Illustration is intended only for hazard recognition, not to depict technical use of safety equipment.

For more information about preventing falls, go to www.sbctc.org

Produced by the State Building and Construction Trades Council under grant #SH16592-07-60-F6 from the Occupational Safety and Health Administration, U.S. Department of Labor.