FALL PREVENTION ON THE JOB SITE

Falls are the leading cause of injuries on work sites. Gilbane has instituted a Ladders Last policy while working on our job sites. We have seen that it is best to opt for other methods before reaching for a ladder. Even though alternative methods are generally safer, training is still required to use them properly. OSHA has provided resources for its Fall Prevention Campaign. Included below are OSHA excerpts in addition to some of Gilbane’s above-OSHA requirements.

Aerial and Scissor Lifts:
› Ensure you have proper training before using this equipment.
› Ensure access gates are closed.
› Stand firmly on the floor of the platform.
› Do not climb or lean over guardrails or handrails.
› Use a full-body harness and tie off to the proper attachment point.

Scaffolding:
› Ensure you have proper training and scaffold has been inspected by a competent person before using this equipment.
› Provide proper access to the working platform and ensure wood planking is scaffold-grade.
› Install guardrails and toe boards above 6 feet; or 4 feet, if using a baker scaffold.
› Ensure self-supported scaffold is level.

Holes/Skylights:
› Cover or provide a guardrail around all holes 2” in diameter or greater. Label covers with “HOLE”.
› Ensure materials used for guardrails or hole covers are of adequate strength.

Personal Fall Protection Equipment:
› Ensure you have proper training before using this equipment.
› Inspect your personal fall arrest system equipment regularly – your life depends on it!
› Take damaged equipment out of service.
› Know what to look for: fraying, un-splicing, kinking, knotting, broken/pulled stitching, abrasions, alterations, excessive aging/wear, etc.
› While PPE is an important element, work towards preventing the fall hazard before using PPE.

More detailed information can be found on the OSHA and NIOSH websites:
OSHA: https://www.osha.gov/stopfalls/index.html
NIOSH: https://www.cdc.gov/niosh/topics/falls/
SAFETY ALERT

FALL PREVENTION AT HOME

Because you may not have access to a scissors lift, aerial lift or scaffolding at home, a ladder may be the only method you have for working at height. Ladders can be very dangerous if not used properly. See below for some watch outs to combat common fall incidents.

CHOOSE THE RIGHT LADDER

Think about the task at hand; choose the right size and type and consider:

› How high do you need to reach?
› How much weight will the ladder need to hold?
› Is it an indoor or outdoor job?
› Does the task require a step ladder or a straight ladder?

START WITH A FIRM FOUNDATION

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

› If you must put the ladder on a soft surface, place a board under the ladder’s feet.
› Place a straight or extension ladder one foot away from the surface it’s resting on for every four feet of the ladder’s height.
› Make sure straight or extension ladders extend three feet above the roof or platform you’re trying to reach.
› Securely fasten straight or extension ladders to an upper support.
› Make sure step ladders are opened completely and spreaders locked before climbing.
› Guard doorways near any ladder so no one can open it and knock you off.
› Never place a ladder on a box, barrel or other object to gain height.

CLIMB AND DO WORK WITH CARE

Make sure every time you step on a ladder you are mindful of the task at hand.

› Never use a ladder if you feel dizzy or ill.
› Face the ladder and grip the rungs—not the side rails.
› Keep three points of contact with the ladder: two hands and one foot, or two feet and one hand.
› Do not stand higher than the third step from the top.
› Don’t lean or overreach; reposition the ladder instead.
› Don’t climb while carrying tools; use a tool belt or pull up bucket on a rope from below.
› Wear slip-resistant shoes.

GENERAL

› If the ladder is too long or heavy, get help moving the ladder.
› Use the buddy system, never work on a ladder alone. Have your buddy check on you or better yet have them hold the ladder for you throughout your task.
› Read all labels and inspect the ladder prior to each use. Do not use if damaged or defective.
› Makeshift ladders, chairs or boxes should NEVER be used as a substitute for a proper working platform!