

# Fall Prevention Safety Tips for Employers

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*Falls from elevations account for approximately one-third of all deaths in construction. The following tips highlight some of the key issues that employers should consider when planning, implementing, and maintaining their fall prevention programs.*

1. Develop a written fall prevention plan.
2. Identify potential fall hazards prior to each project and during daily walk-arounds. Pay attention to hazards associated with routine and non-routine tasks.
3. Eliminate the need for fall protection where possible by rescheduling the task, isolating the task, or changing the task.
4. Ensure that fall protection equipment is appropriate for the task, in good condition, and used properly.
5. Conduct general fall prevention training on a regular basis.
6. Train workers on the specific fall hazards identified and on the required personal protective equipment.
7. Conduct regular inspections of fall protection equipment in accordance with manufacturer's recommendations and OSHA requirements.
8. Emphasize fall hazards unique to the site, such as open floor holes or shafts, riser penetrations, and skylights.
9. Team up with other construction employers and employees to identify best practices and share fall prevention solutions.
10. Get more information from the Occupational Safety and Health Administration (OSHA): Visit OSHA's Website at [www.osha.gov](http://www.osha.gov) or call (800) 321-OSHA.

*This Safety Tips Sheet was developed through the Construction Roundtable of OSHA's Alliance Program for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor.*



# Fall Prevention Safety Tips for Employees

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*It only takes a second for a fall to occur. Falling only a few feet can result in serious injury or death.*

1. Understand your company's written fall prevention plan.
2. Attend and participate in fall prevention training.
3. Use fall protection equipment if required for the job. Be sure that the equipment is right for the task, fits properly, and is in good condition.
4. Inspect fall protection equipment (for example, harness systems) and devices (for example, guardrails and tie-off points) before each use.
5. Make sure that floor holes, open shafts, and riser penetrations are protected by sturdy guardrails or covers.
6. Get specialized training before working on scaffolds, lifts, or ladders.
7. When using scaffolds, make sure there is proper access, full planking, stable footing, and guardrailing.
8. Keep your feet firmly on the platform of a boom lift and tie-off at all times.
9. Chose the correct ladder for the task, read the instructions, and be sure that the ladder is in good condition. Check for surrounding hazards, stable footing, and the proper angle.
10. Identify skylights and make sure they are properly protected.
11. Contact your supervisor if you see fall hazards or have any other questions about fall prevention. Do not work until unsafe conditions have been corrected.
12. Get more information from the Occupational Safety and Health Administration (OSHA): Visit OSHA's Website at [www.osha.gov](http://www.osha.gov) or call (800) 321-OSHA.

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