

Job Name _____ Job # _____ Date 6/13/19

Toolbox Talk: Avoiding Same or Low Level Falls

There are stringent fall protection requirements anytime that you are working at heights greater than 6 feet. However only a fraction of all falls occur from elevated surfaces such as roofs, scaffolding and/or others above that height. While the resulting injuries from these heights are usually more serious, a larger number of falls in the workplace occur on the same level caused by slips and trips. In fact, it is estimated that 66% of falls occur on the same level. It is important that you know how to avoid them.

First, you should never climb on shelving to reach for objects positioned on higher levels. Similarly, never stand on a chair, desk or table to change a light bulb or reach for something in an elevated position. Only use equipment like step-ladders that are safely designed for such tasks.

When using any type of ladder, make sure that it does not have any broken steps, missing steps, side rails or other defect. If you observe any of these conditions, do not use it and immediately remove from service. Only use ladders as they are intended by the manufacturer.

When climbing up or down stairs, always use the handrail. Do not carry large or heavy objects on stairs without the assistance of a colleague. Use a freight or service elevator whenever possible.

Never climb on construction equipment, vehicles or machinery in a manner that is not intended. Other factors that may contribute to the likelihood of you experiencing a fall include personal attributes such as age, physical/emotional health, and stress/fatigue levels. Often times these circumstances are unavoidable.

However some simple common sense tactics that can be used to help you protect yourself:

- Pay attention to where you are going
- Take your time, do not rush
- Adjust your stride to a pace that is suitable for the task at hand
- Walk with your feet pointed slightly outward
- Make wide turns

These reminders may seem a little ridiculous, however you would be surprised how many fewer workplace injuries would be prevented if workers followed these simple steps.

Please be sure to sign your name to the training certification form.



