

STOP

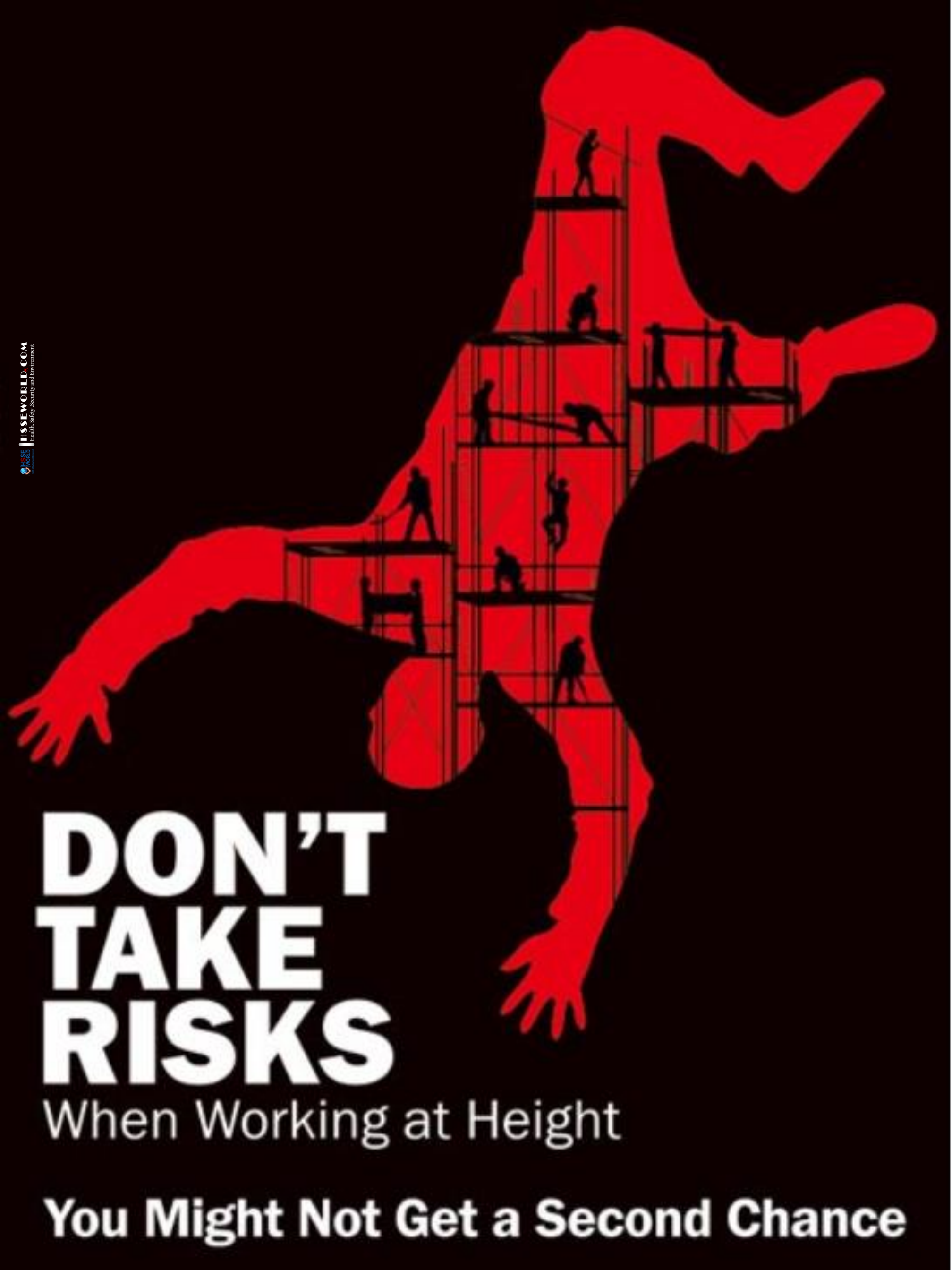


Before They Stop You

Work at height is not a circus



Always use a fall protection



DON'T TAKE RISKS

When Working at Height

You Might Not Get a Second Chance

OVERHEAD OBSTRUCTIONS

Always be aware and avoid
crush hazards when
moving the platform



WERE
YOU
SAFE
TODAY
OR
JUST
LUCKY?



DON'T OVER REACH

**Move the ladder
and keep your
balance**



CARELESSNESS COSTS LIVES



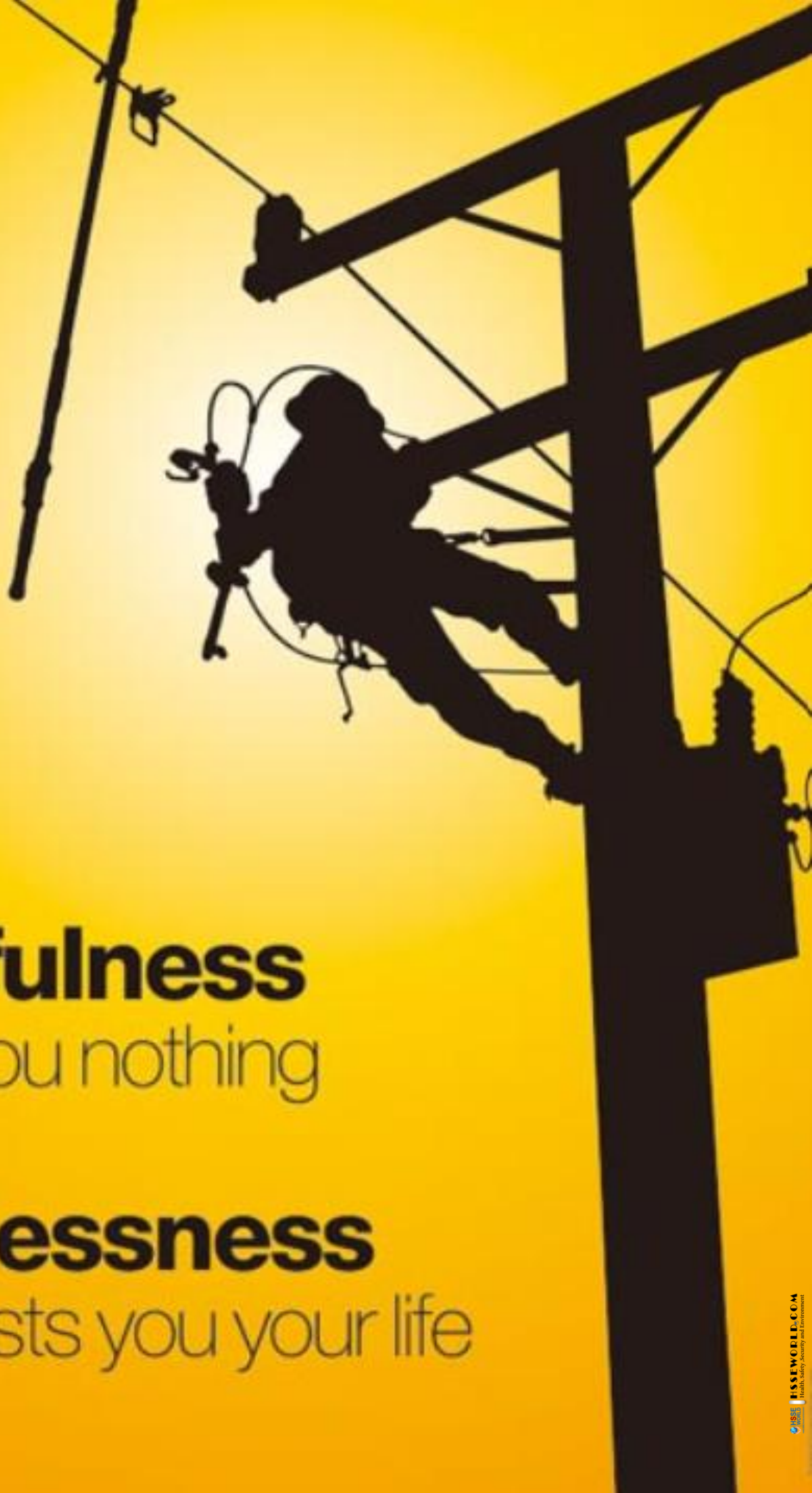
Stow Tools Safely



Think of The People Below

**Safety is
the mirror
reflecting
the quality
of your
work**





Carefulness
costs you nothing

Carelessness
may costs you your life

**Better
a thousand
times
careful
than
once
dead**



IT'S BETTER TO BE
**SAFETY
CONSCIOUS**

THAN UNSAFE AND UNCONSCIOUS





**USE
PROPER
WORK
PLATFORM**

**Always
Take The
Safest Path,
Never Take
Shortcuts.**



Chance Takers are Accident Makers



The **ABC**'s of Fall Protection

A

Anchorage
Anchorage
Connector

B

Body Wear

C

Connecting
Device



Even The Best PPE Won't Save You If Your **Anchor Point** Fails



Choose **Anchor Point** Carefully,
Your Life May Depend On It!

Make Sure You Are **ATTACHED**

Always wear a full
body harness with
a short lanyard
in boom type
platforms





a harness
is better
than
a hearse



Never Take Shortcuts With Your Safety

Not
Even For
A Second



FIRST AID *for* FALLS

Fractures

Do the following steps :

1. Instruct the casualty to remain still.
2. Examine for any blood loss & treat first.
3. Support & immobilise injury if casualty is unable to do so themselves.
4. Contact the Emergency Medical Services.

Spinal Injuries

Any fall of 6 feet or greater can easily result in spinal injuries. If you suspect that the casualty has suffered a spinal injury resulting from a fall :

1. Follow the DRSABC (basic life support) procedure.
2. Do not move the casualty.
3. Contact the Emergency Medical Services.

Head Injuries

All head injuries are serious and should always be referred to hospital. Recognise the key signs of concussion :

1. Confusion/disorientation.
2. Drowsiness/excessive sleepiness.
3. Vision problems.
4. Severe headaches/nausea/vomiting.
5. Any loss of consciousness.



SHORTCUTS



cut lives short

Life is Short, Don't Rush It



SAFETY

is a Full Time Job



**Don't Make It a
Part Time Practice**

Falling Objects Can Be Brutal



If You Don't Protect Your Noodle

Broken

rungs

Broken

bones



AVOID RISKY REACHING



LADDER RULES

- ✓ Always face ladder when ascending or descending.
- ✓ Always maintain 3 points of contact on the ladder :
2 feet + 1 hand or
2 hands + 1 foot
- ✓ Top of ladder should never be used as a step.
- ✓ Ladders should never be moved, shifted or extended while occupied.
- ✓ Never carry an object or load that could cause you to lose your balance.



Keep **3 Points of Contact** With Your Ladder At All Times



Step Ladder

**2 feet and
body against
ladder**



Step Ladder

**2 feet
and
1 hand**



Ladder

**2 feet
and
1 hand**

Safe Use of Ladders and Step Ladders



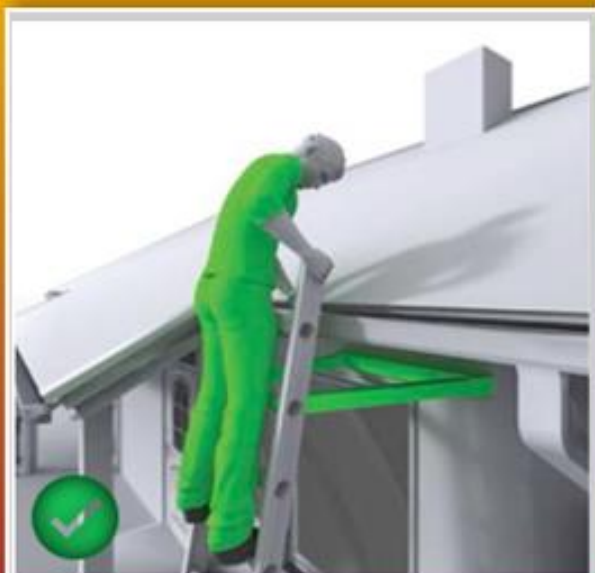
make sure the ladder angle is at 75° - you should use the 1 in 4 rule



Correct - user maintaining three points of contact (means of securing omitted for clarity)



Incorrect - overreaching and not maintaining three points of contact



Correct - use of a stand-off device to ensure a strong resting point. Do not rest a ladder against weak upper surfaces



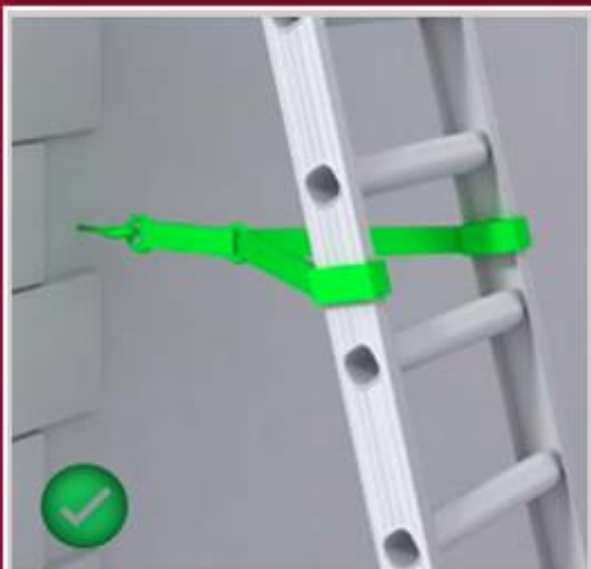
where two hands need to be free Keep two feet on the same step and the body (knees or chest) supported by the stepladder to maintain three points of contact



Correct - ladder tied at top stiles (correct for working on, but not for gaining access to a working platform/roof etc)



Correct - Tying Part way down



Correct - Tying Part Near the base



Correct - access ladders should be tied and extend at least 1m above the landing point to provide a secure handhold

When is a ladder the most suitable equipment? The law says that ladders can be used for work at height when a risk assessment has shown that using equipment offering a higher level of fall protection is not justified because of the low risk and short duration of use; or there are existing workplace features which cannot be altered.