

# STOP! FALLS!

Before they  
stop you

## Who stops your fall?

### You do. Take a moment to check your gear

It might take about thirty seconds to fall from a height, roughly the same amount of time to check your gear before you start work for the day. It's a small 30-second decision, but it could save your life – stop falls before they stop you.

#### Harness safety tips

- Never rely on the sound or feel of a snap hook engaging
- Before each use, always visually check that:
  - The snap hook freely engages the D-ring or the anchor point; and
  - The keeper (the moving part of the hook) is completely closed and locked in position.

Falls from heights are preventable.

For more information: [workplacesafetynorth.ca/falls](http://workplacesafetynorth.ca/falls)



Scan for free resources  
on fall prevention

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