

STOP! FALLS!

Before they
stop you

Who stops your fall?

Safety is everyone's job

Falls from heights are a leading cause of injuries and deaths in Ontario – particularly with construction activity, which can be found in all industries. Work safely, use proper personal protective equipment, apply training, and follow procedures.

Ladder safety tips

- Use the appropriate ladder for the job
- Don't work outside in extremely windy or severe weather
- Place ladder on a stable, even, flat surface using 1:4 ratio
- Always face ladder and maintain three-point contact when climbing
- Never over-reach to the side

Falls from heights are preventable.

For more information: workplacesafetynorth.ca/falls



Scan for free resources
on fall prevention

EVERY WORKER HOME SAFE AND HEALTHY



workplacesafetynorth.ca

