

Safety-Gram

Title 45, Chapter 11

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“CHECK IT OUT”

PREVENT FALLS FROM HEIGHTS

Section 914 - Travelways

- ✓ Inspect stairs, ladders and hand rails, make immediate repairs or remove defective equipment;
- ✓ Don't Jump – A jump is a planned fall, and can be as dangerous as any other;
- ✓ Don't reach or overextend your body;
- ✓ Tie off when working off a ladder;
- ✓ Keep your hands free when climbing;
- ✓ Maintain 3 points of contact;
- ✓ Never climb or stand on handrails;
- ✓ Always face your equipment when exiting.