Be careful whenever working at any height. Even falls from what may seem like a small distance can be deadly, so working at heights should never be taken lightly. Consider how you can eliminate the need to work at heights; prevent falls; and control falls, should something go wrong when working at heights.

When Working at Heights

Are you about to...
- Work on an elevated platform?
- Work at a height where there is no handrail or guardrail present?
- Work at a height where fall arrest equipment is required?

Take control!

Implement these critical controls:
- Inspect your fall protection (harness, lanyards, connectors, positioning devices, anchor points, etc.) for wear and tear before using.
- Barricade, cover or guard surface openings — caution tape does NOT count as a barricade.
- Set ladders on a firm base at the correct 4:1 angle and tie them off.
- If you’re using a full body harness use 100% tie off.
- Set anchor points high enough so you will clear obstructions if you fall.
- Have a plan in place to rescue fallen or suspended employees and make sure everyone knows the plan!