

# TAKE CONTROL

*Prevent Serious Injuries  
and Fatalities*

**B**e 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!