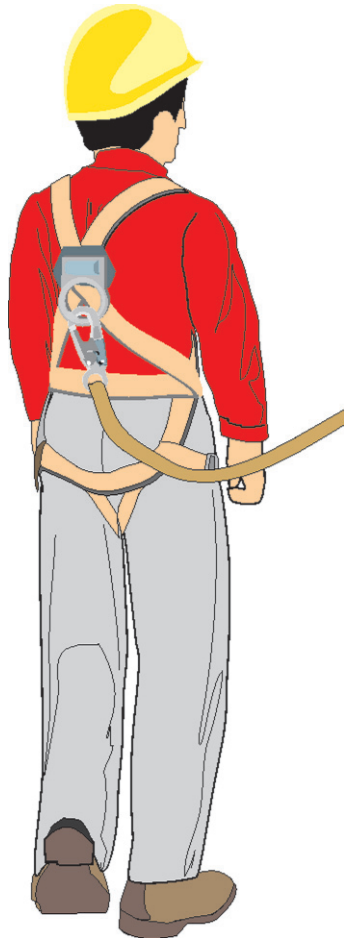


## How Do We Avoid Falls From Elevations?

Falls from elevations can be avoided by many methods. Some good ways to avoid falls from elevations include:

- The employer should have a 100% fall protection program in place.
- Work should be pre-planned to provide for the use of personal fall arrest systems (PFAS) anchor points or guardrail systems.
- Erect guardrails around large excavations.



- Wear seatbelts or restraints for riding in cars, trucks, and personnel carriers.
- Use modular form erection to avoid work at heights on forms.
- Use 3-point contact.

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## Fall Hazards





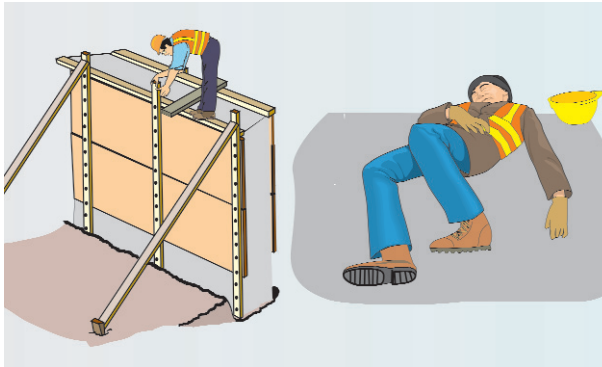
## What Causes Falls in Road Work?

Falls happen from one level to another or on the same level. Most falls in road construction are slips or trips on one level. Falls on walking/working surfaces include:

- Tripping over materials or debris.
- Falling on hills or embankments.
- Stepping in holes or walking on irregular ground.
- Stumbling while carrying loads that block vision.
- Slips or trips in muddy, wet, or icy conditions.

Less common falls from elevations include falls:

- From equipment.
- From bridges.
- From formwork.
- Into excavations.



## How Do We Prevent Falls on Same Level?

Best protection practices include:

- Try to avoid muddy, wet, or icy surfaces.
- Use footwear with ankle support and soles that grip.
- Don't carry heavy loads. Use hauling equipment.
- Practice good housekeeping. Remove tools and materials when not in use.
- Fill in or mark hidden holes in the ground.

- Clear walking and working surfaces of tripping hazards.
- Include walking routes in the site safety plan.

A very important way to keep yourself from falling is to maintain good physical strength and conditioning.

