

**LADDER SAFE-  
TY TIPS**

- Always chose right size ladder for height of work
- Inspect before use and never use if damaged
- Always place on stable, level base
- Don't place in front of doors that open towards the ladder
- Only one person at a time
- Extension ladders should be extended 3 feet above top most point to be reached and secured to prevent sliding

**STEPLADDERS**

- ▶ Never stand above the third step from the top
- ▶ Never work or stand on very top of ladder
- ▶ Store in designated area where easily located for use
- ▶ Never, Never, use furniture, chairs, vehicles etc. to stand or work from

# Fall Prevention

VOLUME 1, EDITION 8



## Fall Hazards In Focus

The most frequent and costly hazard to both employees and residents on property are slips, trips, and falls. Let's focus on the typical fall types and tips to prevent:

**Ladders**



-See the left hand call outs

-Always Avoid overreaching when working from a ladder

**Sidewalks, Curbs, & Parking Lots**

-Inspect routinely for cracks, debris, standing water, pot holes, or areas in need of repair

-Since some repair can be costly, develop a capital plan to ensure repairs and maintenance performed when needed

-Adjust lawn sprinklers to prevent wetting sidewalks and set timers to avoid operating during

early morning and evening resident work commute times

- Use awareness edge painting to highlight high traffic transitions, curbs, steps, and ramps

**Weather Events**

-Ensure walk-off mats are placed inside entrance doors during inclement weather

-Ice/Snow Response Plan in place

-Remove debris from parking lots/walkways following high wind events.

**Low Level Obstructions**

-Avoid storing boxes, equipment, plants, fixtures, or other small items in walkways to minimize tripping exposures

-Discourage use of throw rugs or decorative floor rugs in high foot traffic areas. When used, ensure these have a non-slip backing applied to prevent sliding from

under foot

-Proper trimming of bushes and shrubs to avoid encroachment into walkways & sidewalks  
-Close file drawers after use

**From Heights**

-Balconies are inspected routinely to ensure support bracing, decking, railings in good repair

-All balconies protected by standard railing, (top rail—42" from deck to top rail, capable of withstanding 200 lbs of top rail pressure) and no more than 4 inches of separation between vertical bracing or pickets (small child can't pass through)

-Retaining wall fencing installed above 4 feet and inspected routinely to ensure in good repair

-Personal fall protection used when operating mobile lifts or working unprotected above 6

## Lighten Up Tripping Hazards

Studies have shown that as we grow older, our depth perception of low-level obstructions and transitions deteriorates. So much so, by age 50 many obstructions below waist level may not be seen when looking straight ahead. The use of non-slip awareness painting to high-

light curb edges, sides of wheel chair ramps, and sidewalk stair edges can be an inexpensive method of decreasing the risk. This painting can also draw attention to metal drain covers crossing sidewalks that can become slick when wet and large cracks or breaks in the sidewalks until

permanent repairs can be made.

