

# 5 WAYS TO PREVENT WORKPLACE FALLS

according to osha.com



## 1 PLAN AHEAD

Before starting a job that involves working from heights, employers should plan how the work will be performed safely. This includes identifying potential fall hazards and determining the necessary safety measures to address them.

## 2 PROVIDE THE RIGHT EQUIPMENT

Employers must supply appropriate fall protection equipment for the specific tasks, such as personal fall arrest systems (PFAS), ladders, and scaffolds. Ensuring that this equipment is suitable and well-maintained is crucial for worker safety.

## 3 TRAIN WORKERS

It's essential to educate workers on the correct use of fall protection equipment and the recognition of potential fall hazards. Proper training ensures that workers understand how to use safety gear effectively and are aware of the risks associated with their tasks.

## 4 USE GUARDRAILS OR LIFELINES

Implementing physical barriers like guardrails or lifelines can prevent falls by providing workers with stable support and preventing accidental slips or trips near edges or openings.

## 5 INSPECT EQUIPMENT BEFORE USE

Regularly checking all fall protection equipment before use is vital to ensure its integrity and functionality. Identifying and addressing any defects or damages can prevent equipment failure during critical moments.

**WE'RE HERE TO SUPPORT YOU.**

CONTACT US TODAY AT  
[WECARE@RITZSAFETY.COM](mailto:WECARE@RITZSAFETY.COM)



A Ritz Safety representative can visit your workplace to support your Safety Stand-Down, providing expert guidance and training. Stay informed and up to date—our experts deliver valuable insights on the latest safety protocols, standards, and best practices to help keep your team safe.

For more information, visit [osha.gov/PreventFalls](https://www.osha.gov/PreventFalls)

The statistics provided are for informational purposes only and are sourced from OSHA and other industry reports. While efforts have been made to ensure accuracy, Ritz Safety makes no guarantees regarding completeness or applicability. Always refer to OSHA and official safety regulations for the most up-to-date information.



Want more safety insights?  
Scan the QR code to access  
OSHA's Stand-Down resources.

