

FALL PROTECTION SAFETY

Falls are the 2nd leading cause of unintentional injury-related death in the United States and the number one cause of lost workdays in the Navy. Follow these tips to be safer.

- Inspect your surroundings. Wet or worn surfaces, poorly lit areas, rise or drop in the floor's elevation, and loose tools or trash all create the potential for harm.
- Inspect ladder and scaffolding for cracks, damage, or looseness.
- Place ladder on a stable, level surface. Tie ladder to secure surface or have someone hold it.
- Use and wear proper equipment in good condition
- Follow your command's fall protection program. All activities without a fall protection program must follow OPNAV M-5100.23 series, Chapter 13; DON Fall Protection Guide for Shore facilities APPENDIX F.

