

LOSS CONTROL DATA GUIDE

## Fall From Heights – Control Measures

Worker falls from heights result in thousands of severe injuries and several hundred fatalities annually. To reduce the frequency and severity of falls from heights, the following control measures should be implemented:

### General

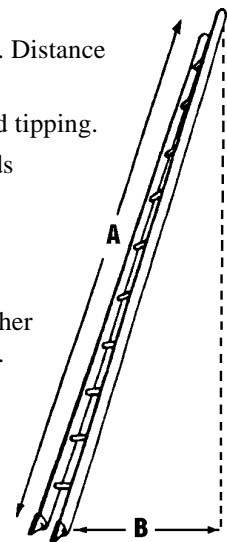
- When working from heights of ten feet or more, fall protection (safety belts and lanyards, nets, fall arresting devices, etc.) should be made available and used at all times.

### Scaffolds

- Guardrails (Top rail and midrail) and toe boards should be installed on all open sides if scaffold is over ten feet high.
- Scaffold should be tied to wall or other secure portion of structure every 30 feet horizontally and 26 feet vertically.
- Scaffold should be constructed to support four times the expected load weight. Never overload a scaffold.
- Scaffold should always be erected on a solid base.
- Planking must extend over supports at least six inches and overlap supports at least 12 inches.
- End planks must extend over supports between six and 12 inches.

### Ladders

- Inspect ladder before and after each use.
- Select the correct size and type of ladder (extension, step, or straight; fiberglass, metal or wood) for the job.
- Never use metal ladders in or around electrical equipment or wiring.
- Use a ladder long enough to fit the job.
- Use the “Four To One” rule when positioning straight or extension ladders (see illustration). Distance “B” should always be one-fourth of length “A”.
- Ladders should be tied off to a secure structure at the top and bottom to prevent slipping and tipping.
- Use the “Three Point” rule when ascending or descending. Keep at least three of your hands and feet in contact with the ladder at all times.
- Always face the ladder when ascending or descending.
- Never carry materials, tools or other items when ascending or descending.
- The effective reach of a ladder should not be increased by placing the ladder on boxes or other unstable items. Ladders should always be positioned on level, non-slippery, stable surfaces.
- Don’t overreach when working off of a ladder. Reposition the ladder so that the work area will be within easy reach.
- All extension and straight ladders should be equipped with safety feet.



The loss prevention information and advice presented in this brochure are intended only to advise our insureds and their managers of a variety of methods and strategies based on generally accepted safe practices, for controlling potentially loss producing situations commonly occurring in business premises and/or operations. They are not intended to warrant that all potential hazards or conditions have been evaluated or can be controlled. They are not intended as an offer to write insurance coverage for such conditions or exposures, or to imply that Great American Insurance Company will write such coverage. The liability of Great American Insurance Company is limited to the specific terms, limits and conditions of the insurance policies issued.