



## Residential Construction Falls

Residential construction slips, trips and falls are common, but preventable. Here are some tips for keeping safe while working at heights.

### Slips and Trips

- Many employees who work outdoors on wet, muddy and uneven terrain are at high risk of slip and trip injuries.
- Often, these injuries occur at jobsites, but they can occur indoors also, especially when “good housekeeping” isn’t a high priority.
- Slips and trips may result in broken bones, sprains, concussions or other costly and painful injuries. These injuries, however, are preventable.

### Causes – Slip and Trip Injuries

- Running on the job is a major cause of slip and trip injuries.
- These injuries also can occur by not being on the constant lookout for hazards, such as holes in the ground, “bumps” such as sticks, stones or partially hidden rocks or unexpected changes in the terrain.
- Applying fertilizer or other products in light drizzle or working on slippery slopes or when the morning dew is still on the ground also can result in slips and trips
- Injuries can result in trips and falls when wearing improper footwear or failing to put tools and equipment back where they belong.
- Electrical cords or hoses left in walkways or other jobsite paths, poor lighting conditions, icy spots in winter and slippery grass clippings are among the many other contributors to slip and trip injuries.

## Understand Your Company's Written Fall Prevention Plan.

- Attend and participate in fall prevention training. Contact your supervisor if you see fall hazards or have any other questions about fall prevention. Do not work until unsafe conditions have been corrected.
- Inspect and use fall protection equipment and devices if required for the job. Be sure the equipment is right for the task, fits properly and is in good condition before each use.
- Make sure floor holes, open shafts and riser penetrations are protected by sturdy guardrails or covers.

## Get Specialized Training Before Working on Scaffolds, Lifts or Ladders.

- Identify skylights and make sure they are properly protected.
- When using scaffolds, make sure there is proper access, full planking, stable footing and guardrailing.
- Keep your feet firmly on the platform of a boom lift and tie off at all times.
- Choose the correct ladder for the task, read the instructions and be sure the ladder is in good condition. Check for surrounding hazards, stable footing and the proper angle.

For more information visit OSHA's website at [osha.gov](https://www.osha.gov) or call 800.321.OSHA.

Source: Independent Electrical Contractor Association / OSHA Alliance

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

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