



# Central Ontario NETWORK BULLETIN

Please copy this bulletin and distribute as widely as possible.

## FACTS about

# FALLS

... and what YOU can  
do to stop them.

If you're going to get seriously or fatally injured on the job, chances are it will be from a fall.

The regulations don't need to be changed, and the solutions are neither complex nor technical in nature. Arm yourself with the facts!

## LADDERS

### Fact

Falls from ladders are the leading hazard in both residential and ICI work.

### Here's what to do

- Never over-reach. Always reposition your ladder.
- Make sure a stepladder is
  - ✓ set up with the legs fully extended and locked
  - ✓ tall enough so that your waist stays below the top of the ladder.



July 2005



A publication of the Central Ontario Regional Labour-Management Health and Safety Committee  
with the support of the Construction Safety Association of Ontario.  
info@csao.org www.csao.org