Always protect yourself from a fall - including at or below ground level - and others from dropped objects when working at height in all situations:

- Near edges or over fragile surfaces and gaps
- On ladders, scaffolding or platforms
- Under overhead activities
- Around large openings or holes

Falls from height and dropped objects are amongst the top 10 causes of fatalities and serious injuries in the oil & gas and construction industries.

Control measures - Apply these to reduce the risks!

1. **Eliminate** - do the work at ground level then lift to height
2. **Substitute** - consider the safest elevated work location and method
3. **Engineering** - fall prevention systems: guardrails, toe-boards, canopies, screens
4. **Administrative** - personnel training, warning signs, safety monitors
5. **PPE** - fall arrest or restraint equipment; tied-off at all times

Let’s prevent injuries!

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