

# Worker's Safety Handbook







Work within the work platform.  
**DO NOT** climb or stretch out  
over the guard rails.

1



Entry/Exit  
Point

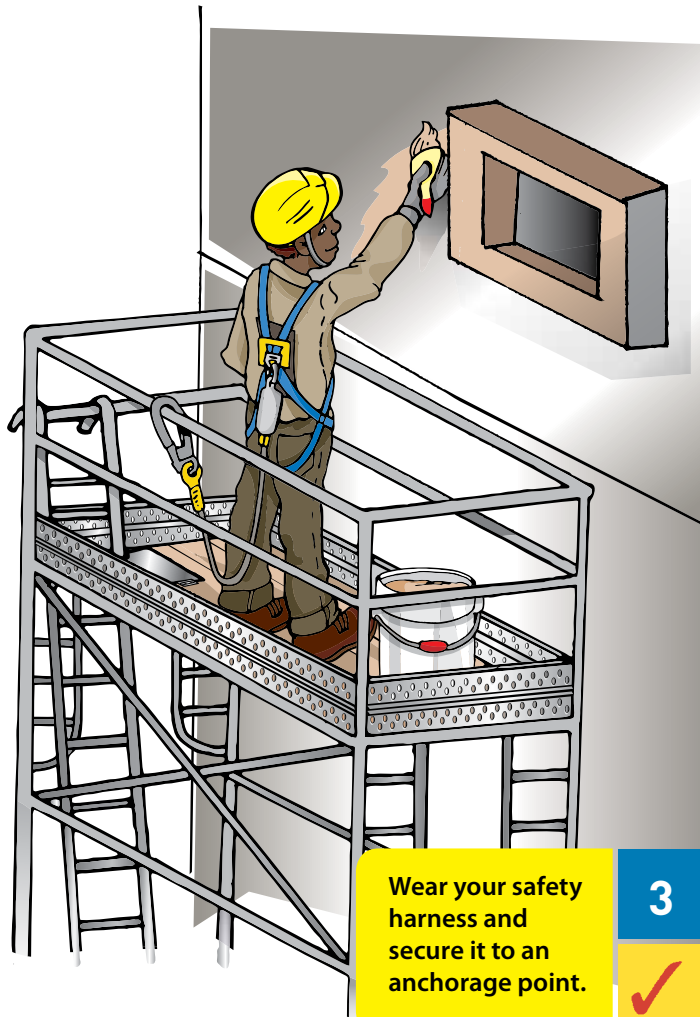
SAFE  
TO  
USE  
✓



2

Use proper access  
to climb up or  
down scaffolds.





**Wear your safety harness and secure it to an anchorage point.**

**3**





4

Ensure that  
stairs are fitted  
with handrails.

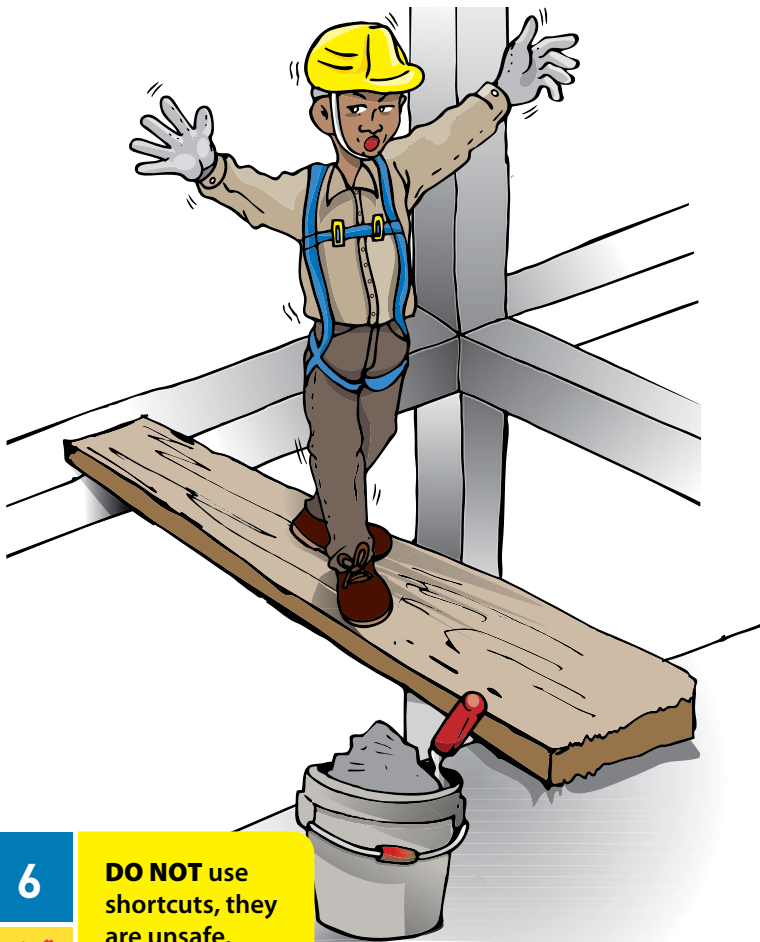




Openings in floors  
should be properly  
covered.

5





6

**DO NOT** use  
shortcuts, they  
are unsafe.







**DO NOT** use improper means to reach higher areas.

Use the correct equipment such as a stool or a ladder.

7



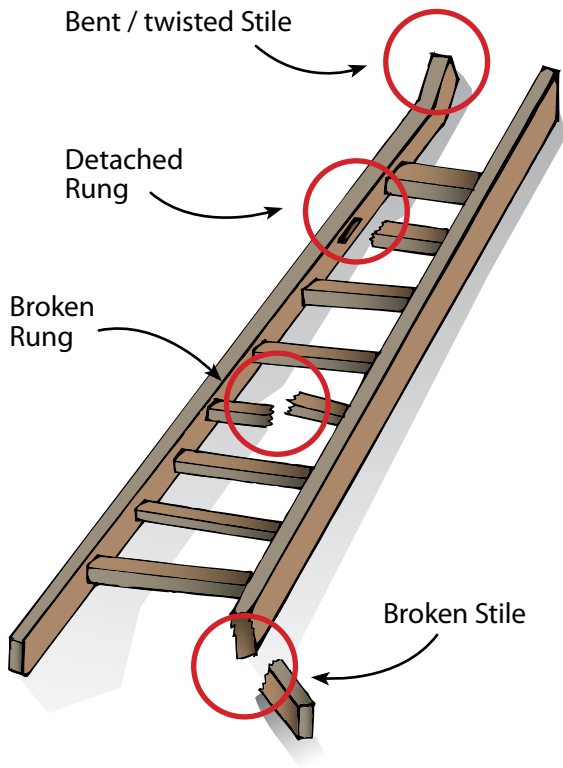


8

**DO NOT** stand ladder on loose material.

Ensure that ladder is secured firmly in place.





**DO NOT** use defective ladders.

Ensure that ladders are checked before use.



10

**DO NOT** use a forklift to reach higher areas.

Use appropriate equipment such as a mobile elevating work platform instead.

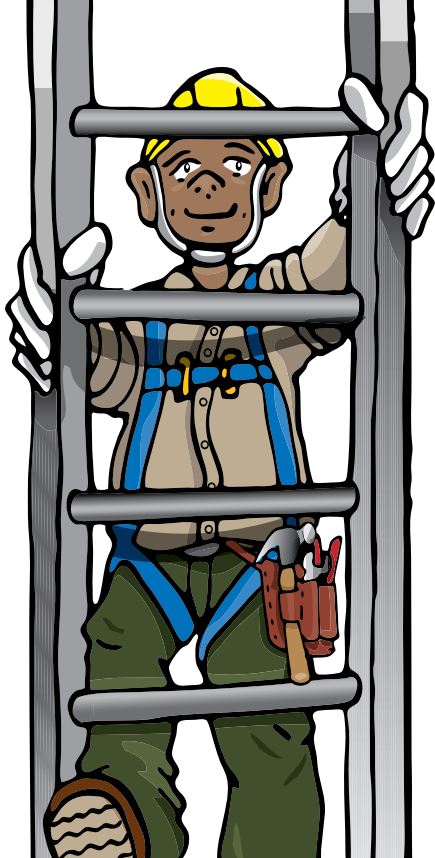




**Practice good housekeeping.  
Tripping or slipping may lead to  
falling from height.**

**11**



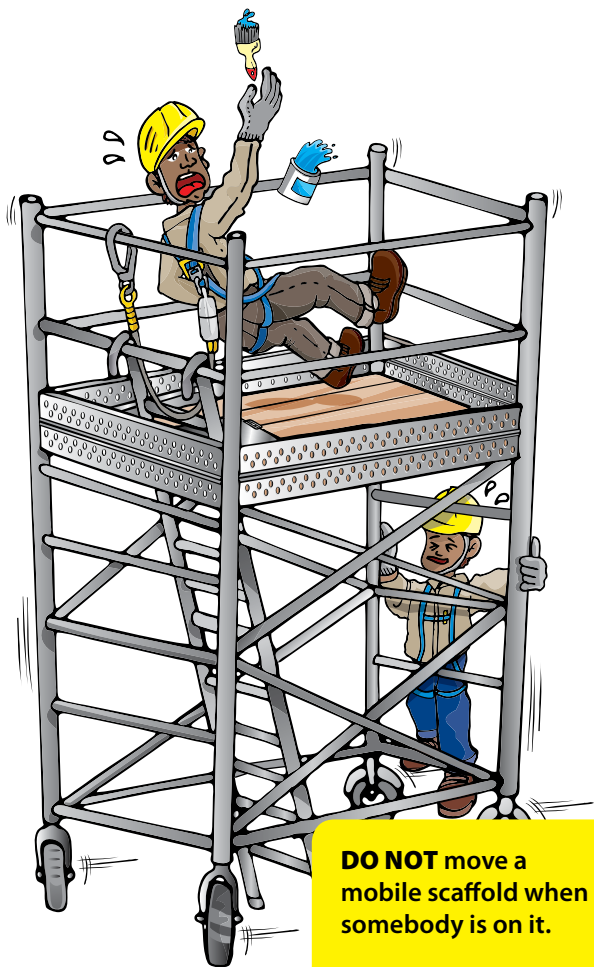


12

Maintain three points of contact when climbing a ladder (two hands and one foot or one hand and two feet).

**DO NOT** carry tools in hand when climbing a ladder. Use a tool belt instead.





**DO NOT** move a  
mobile scaffold when  
somebody is on it.

13



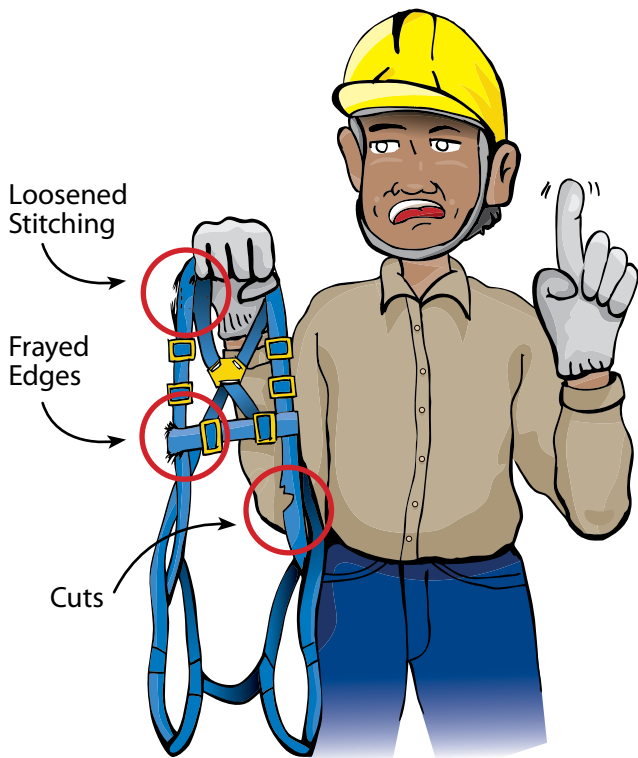


14

Ensure that the work area is well lit before entering and starting work.



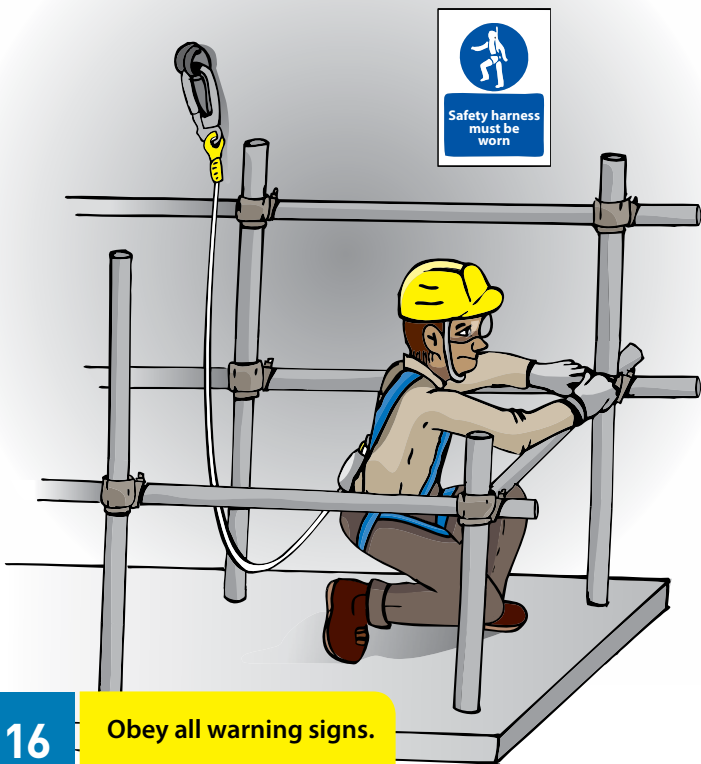




**DO NOT** use a  
damaged harness.

15





16

Obey all warning signs.





**DO NOT** use scaffolds without top and/or mid guardrails.

Check that scaffolds are tagged and certified safe by Scaffold Supervisor before use.

17





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**DO NOT** sit or lean  
on guardrails.







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**HOOKS**  
**TO SAFETY**