



# MATHERS SAFETY SNAPSHOT

Each week the Mathers Safety Team meets to review on site incidents and track trends across the company in an effort to increase transparency and to develop proactive plans to mitigate reportable incidents.

## WORKING AT HEIGHTS

Injuries from working at heights is one of the most prominent causes of major work related injuries and fatalities. Falls from ladders, scaffolding, and lifts onto debris can cause serious injury even when the height is perceived to not be dangerous. Consider these simple Do's & Don'ts when working at heights.

### **WORKING AT HEIGHTS – THE DO'S**

*DO as much work as you can while you are on the ground.*

*DO make sure team members can safely move to and from the area where they are working at height.*

*DO ensure that the equipment that you're using for the job is strong, stable and suitable enough to get the job done.*

*Inspect and maintain them regularly.*

*DO be careful when you are working near to a fragile surface.*

*DO ensure that you are protected from falling objects.*

*DO make preparations for emergency evacuations and rescues.*



### **WORKING AT HEIGHTS – THE DON'TS**

*DON'T overload the ladders you are working on, with equipment or materials.*

*DON'T try to reach too far when on a ladder or stepladder.*

*DON'T use ladders or stepladders to do work that entails heavy or strenuous tasks. Only use them to do work that's quick and light.*

*DON'T lean or place the ladder on fragile surfaces.*

*DON'T stay quiet when you feel someone is compromising their own safety or the safety of others.*