What Causes Falls in Road Work?
Most are slips or trips on the same level.

Falls on walking and working surfaces
- Tripping over materials or debris
- Falling on hills or embankments
- Stepping in holes or walking on irregular ground
- Stumbling while carrying loads that block vision
- Slips or trips in muddy, wet, or icy conditions

Falls from elevations
- Falls from equipment
- Falls from bridges
- Falls from formwork
- Falls into excavations
How Do We Prevent Falls on Same Level?

There are many methods.

Some remedies include:

- If possible, avoid walking on muddy, wet, or icy surfaces
- Use footwear with ankle support and soles that grip
- Don't carry heavy loads, use hauling equipment
- Practice good housekeeping
- Fill in or mark hidden holes in ground
- Clear walking/working surfaces of tripping hazards
- Include walking routes in site safety plan

Maintain good physical strength and conditioning
How Do We Avoid Falls From Elevations?

There are many methods.

Some remedies include:

- 100% fall protection program
- Plan work for personal fall arrest anchor points or guardrail
- Erect guardrails around large excavations
- Seatbelts or restraints for riding in cars, trucks, personnel carriers
- Use modular erection to avoid work at heights on forms
- Use 3-point contact