As the year winds down, many workers feel rushed to complete projects and meet deadlines. It is unfortunately very easy for many to forget about important safety rules and regulations.

Safety should be taken seriously by all workers onsite at all times. Cal/OSHA has established regulations to ensure workers are kept safe during high hazard construction activities. Ignoring a regulation or safety practice can be deadly. You can harm yourself and/or others.

All three of these pictures depict unsafe acts. Above and below, workers are using a Pettibone and other lifts to gain access to the building without proper protection and/or overloading the lift.

This could potentially cause great harm to the worker performing the unsafe act, or to others onsite, below.

The picture, above, shows a worker bracing an A-Frame Ladder on a staircase for another worker. Falls from ladders are among the top hazards reported by Cal/OSHA. A fall from even a few feet can result in great harm or even death.

Remember to slow down, and think before you act!