



You work hard to  
get ahead, but...

**Your health  
is priceless**





## **Falls are the most common cause of death at work for construction workers.**

Secure the base of a ladder or ask someone to hold it for you while you climb it.

Use the correct kind of ladder for each job. If you need an extension ladder, do not use a step-ladder.

Place the ladder at the correct angle. The base of a ladder must be separated one foot away from the wall for every four feet high.

Use a chain or rope to lift materials and tools instead of carrying them in your hands while climbing or descending a ladder.

On an extension ladder, the ladder must extend at least three rails above the upper surface that stops it.

Cover the holes in the ceiling with a wooden panel that supports the weight of a person.



**Even things that don't seem to pose a risk might hurt workers.**





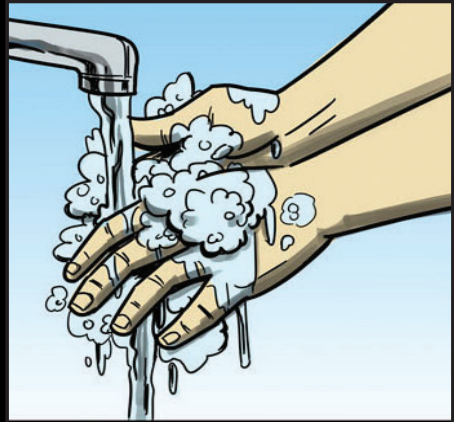
**What would you do if you got hurt or sick and you couldn't support your family? Do not risk your safety and health at work.**

**The dust from common construction materials, such as drywall (gypsum board) and concrete, may contain toxic substances that cannot be seen, tasted, or smelled.**

**Wear a respirator** so that you don't breathe dust or harmful fumes. Your employer is responsible for informing you of the correct kind of respirator for your task and for providing you with one.

**Wash your hands and face** before eating or smoking.

**Change your clothes** before you leave work. Store your dirty clothes in a bag or container with a lid. Store and wash your dirty clothes from work separated from any other clothes.

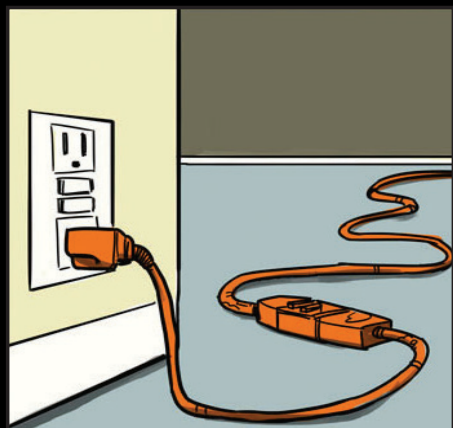




**Electricians are not the only ones at risk of electrocution.**

**Check all** extension cables to make sure that they are not damaged before using them. Use a cable with a grounded plug.

**Keep cables** out of the water, even if it's just a shallow puddle.



**Make sure that metal ladders** do not come in contact with power cables.





# Who can help you?

For accurate information about your employee rights and how to prevent an injury or a sickness at work, please visit:

## **National Institute for Occupational Safety and Health (NIOSH)**

### **Protect Yourself at Work**

[cdc.gov/niosh/topics/protejase/](https://www.cdc.gov/niosh/topics/protejase/)

## **U.S. Occupational Safety and Health Administration (OSHA)**

[osha.gov/workers](https://www.osha.gov/workers)

1-800-321-6742

## **Your local or regional U.S. Department of Labor office**

[dol.gov/dol/location.htm](https://www.dol.gov/dol/location.htm)

## **National Council for Occupational Safety and Health (COSH)**

[coshnetwork.org](https://www.coshnetwork.org)

If you have any questions or concerns about your health or safety at work, you can contact a trusted person or organization. Other organizations, such as non-profit local organizations, community health centers, or legal support organizations, can help you find the information you need. If you are an immigrant worker, your consulate may help you. Many Latin American countries have agreements with the US Department of Labor to help immigrant workers.

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## **Get More Information**

Find NIOSH products and get answers to workplace safety and health questions:

1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348

[cdc.gov/cdc-info](https://www.cdc.gov/cdc-info) | [cdc.gov/niosh](https://www.cdc.gov/niosh)

NIOSH monthly newsletter: [cdc.gov/niosh/eNews](https://www.cdc.gov/niosh/eNews)

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*Get back home safe, sound, and with dignity!*