Remember a long way up, also means a long way down. Scaffolding is a dangerous task, although injuries do not occur frequently, when they do they are very serious. Research suggest that people hitting a solid surface at 18 miles per hour will always result in fatal injuries. In simpler terms this mean you could die from a fall of only 11 feet.

- Do not use a scaffold if any rope is frayed, torn or visibly damaged. Do not use unstable objects such as barrels, boxes, loose brick or concrete blocks to support scaffolds or planks.
- Do not walk or work beneath a scaffold unless a wire mesh has been installed between the mid-rail and the toe-board or planking.
- In case of a fall, use guard rails, or fall arrest systems.
- The height of the scaffold should not exceed four times its base.
- Scaffold planks shall extend over their end supports not less than 6 inches nor more than 18 inches.
- Employees must inspect the scaffold for visible defects before each shift and after any alterations are performed, and defective parts must be replaced immediately.

Information Retrieved from U.S. Department of Labor

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