

Fall Protection



WORKING ON HIGHER SURFACES

1. Must be trained and authorized.
2. Identify all risks and ensure controls are in place (fall distance, weather, structural integrity, etc.).
3. Inspect all fall protection equipment for damage.
4. Ensure the selected equipment provides sufficient protection from falls



FALL PROTECTION INSPECTIONS

1. Investigate any damp spots and water stains in the building.
2. Conduct regular preventative maintenance.
3. Complete perimeter walkthroughs on rooftops
4. Pay attention to cracks or deterioration, and guard rails (availability and adequacy).
5. Make note of any moving machinery, chemicals, entrapments .
6. Ensure all equipment are placed on a deck in order to prevent sliding



DONNING THE HARNESS

1. Holding from the D-Ring, shake the harness until all straps fall into place
2. Slip on to the harness ensuring the D-Ring is placed in between the shoulder blades.
3. Connect and tighten the leg straps and chest straps. Leg straps should be below your buttocks.
4. Connect and tighten the chest straps, so no more than 2 fingers could be inserted.
5. Ensure all straps are snug, but allow full range of movement. Tuck away all excess straps through the loop keepers.



FALL FACTS

- Anchor point must withstand 5000lbs!
- 40% of deaths in construction occur due to falls from elevations.
- Rails and guarding should be provided if an employee could potentially fall in/on to dangerous equipment REGARDLESS OF HEIGHT.
- Construction Sites: Fall protection must be provided for elevations higher than 6ft.
- All others (General Industry): Fall Protection must be provided for elevations higher than 4ft.
- For more information on Fall Protection in General Industry visit 29 CFR 1910 Subpart D and Subpart F.
- For more information on Fall Protection in Construction visit 29 CFR 1926.501

Walking and Working Surfaces

Slips, Trips and Falls are among the highest reported injuries in the General Industry. In order to reduce/prevent such accidents, maintain good housekeeping (clean, dry floors, accessible aisle and walkways), install covers and guardrails, mark elevated floors, and don't forget to warn others of any temporary hazards!

Types of Fall Protection Equipment

There are a number of types of fall protection systems that are appropriate for each situation. Initial assessments should be conducted to determine the best fitting fall protection equipment.

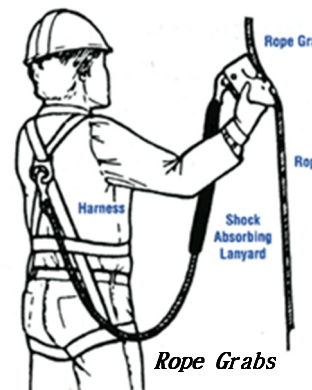
Guard rails



Shock

Absorbing

Lanyards



Rope Grabs



*Retracting
Lifeline
Systems*

ABC's of a Personal Fall Arrest System

A

Anchorage Anchorage Connector

Anchorage: Commonly referred to as a tie-off point (Ex: I-beam)
Anchorage Connector: Used to join the connecting device to the anchorage (Ex: cross-arm strap)

B

Body Wear

Body Wear: This personal protective equipment worn by the worker (Ex: full-body harness)

C

Connecting Device

Connecting Device: The critical link which joins the body wear to the anchorage/anchorage connector (Ex: shock-absorbing lanyard (shown), or retractable lifeline)

Individually, these components will not provide protection from a fall. However, when used properly and in conjunction with each other, they form a Personal Fall Arrest System that becomes vitally important for safety on the jobsite.



Employee Name: _____

Signature: _____

Date: _____