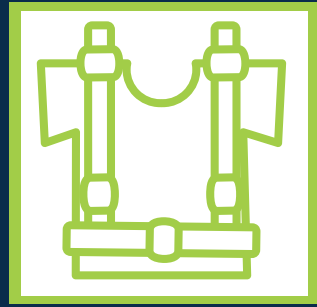


# TOOLBOX TALK

## FALL PROTECTION



### General Fall Protection

Before beginning work, the workplace must be assessed before each assigned job for potential fall hazards. When fall hazards cannot be eliminated then the use of a guardrail and fall-protection system and administrative controls must be used.

There are four basic guidelines to be used if an employee could fall 4 feet (general industry), or 6 feet (construction industry), and used in order when planning work at elevated heights. These guidelines will help in keeping you safe when you're working at heights..be sure you use them!

1. Fall prevention methods, such as guardrails.
2. Fall protection systems, such as a restraint system, positioning system and or fall-arrest system.
3. Distance protection, providing a safe distance from the unprotected sides and edges.
4. Fall prevention plans, which are administrative controls that rely on special training and work practice.

A **Guardrail System** consists of a top rail 39 to 45 inches high in Construction and 42 inches high in Industry and must withstand a force of at least 200 pounds. A mid-rail is a rail midway between the top-rail and toeboard; it must withstand a force of at least 150 pounds. A toeboard is 3.5 inches from the working level and must withstand 50 pounds.

A **Restraint Device** is a system that is rigged to allow workers to move only as far as the sides of the work area and prevents the wearer from reaching a fall hazard. The anchor must withstand a load of 800 pounds or a structure that cannot be moved or pulled over. No rescue plan is needed.

A **Positioning Device** is a system that shall be rigged in such a way that an employee cannot free fall more than 2 feet. The anchor must withstand a load of 3,000 pounds. A rescue plan is required.

A **Fall-Arrest Device** is a system that shall be rigged in such a way that an employee cannot free fall more than 6 feet. The anchor must withstand a load of 5,000 pounds. A rescue plan is required.

**Distance Protection** is determined by how close the employees can work near the unprotected sides and edges. The work area shall be at least 15 feet back from the unprotected sides and edges and on a surface with no more than a 10 degree slope. The designated area shall be surrounded by a rope, wire or chain with a minimum breaking or tensile strength of 500 pounds. The supporting stanchions must also be capable of resisting, without tipping over, a force of at least 16 pounds. No rescue plan is needed.

A Fall Prevention Hazard Assessment Plan (administrative control) may be used in some cases. This plan relies on special training and work plans. These plans may only be used for leading edge work or precast concrete work, and only if conventional fall protection equipment cannot be used or creates a greater hazard.

# General Fall Protection

## Take Home Point:

*Falls are the leading cause of injuries and fatalities in the workplace and also the number one most frequently cited standard. That is why it is essential to ensure what heights you are working at and what type of fall protection device fits for that situation.*

Date: \_\_\_\_\_

Safety Leader: \_\_\_\_\_

Crew Members:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Looking for a way to track and maintain your employee records? Scan the QR code for more information

