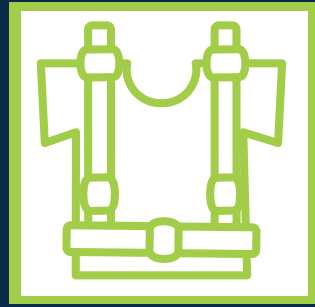


TOOLBOX TALK

FALL PROTECTION



Personal Fall Arrest System (PFAS)

A personal fall arrest system (PFAS) is one option of protection that OSHA requires for workers on construction sites who are exposed to vertical drops of 6 feet or more. The PFAS is made of up 3 components:

Anchor

Anchorage used for attachment of personal fall arrest equipment must be independent of any other anchors and capable of supporting at least 5,000 pounds per employee attached, or must be designed and used as follows:

- As part of a complete personal fall arrest system which maintains a safety factor of at least two
- Under the supervision of a qualified person

Connector

Lanyards, retractables, and positioning devices.

- D-Rings and Snaphooks must have a minimum tensile strength of 5,000 pounds
- Snaphooks must be locking-type, and used to prevent the disengagement of the snaphook by the contact of the snaphook keeper with the connected member unless designed otherwise

Body Harness

Body harnesses are designed to minimize stress forces on an employee's body in the event of a fall, while providing sufficient freedom of movement to allow work to be performed.

When stopping a fall, the harness must:

- Limit maximum arresting force to 1,800 pounds
- Be rigged such that an employee can neither free fall more than 6 feet nor contact any lower level
- Bring an employee to a complete stop and limit maximum deceleration distance to 3½ feet
- Have sufficient strength to withstand twice the potential impact energy of a worker free falling a distance of 6 feet, or the free fall distance permitted by the system, whichever is less

When using a PFAS be sure to:

- Thoroughly inspect your harness for visible signs of damage or torn stitching, check your buckles/connectors for stress cracks or damage, and confirm no part of the system has been used in a previous fall
- Remove systems and components from service immediately if they have been subjected to fall impact
- Do not attach fall arrest systems to guardrail systems or hoists
- Promptly rescue employees in the event of a fall, or assure that they are able to rescue themselves

Personal Fall Arrest System (PFAS)

Take Home Point:

While falls are the leading cause of injury in the workplace, personal fall arrest systems are one of the most common way to keep employees safe when working at heights. Make sure to inspect all components of the PFAS prior to use. If any components have been used, be sure to remove them from commission.

Date: _____

Safety Leader: _____

Crew Members:

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

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