

Fall Protection Stand-Down

A great example of a bad idea. NOT safe!

Always tie-off in aerial lifts and don't leave them. Never add ladders to elevated work platforms, and do not stand on the very top of ladders. Don't work over water without life vest, and maintain a safe distance from overhead powerlines, at least 10 feet.

Also...why is there a pole in the river!?

Fall Protection

Falls account for over **1/3rd** of construction deaths every year. Over **10,000 people** in the U.S. are seriously injured by falls each year.

- **PLAN** ahead to get the job done safely.
- **PROVIDE** the right equipment.
- **TRAIN** everyone to use the equipment safely, and inspect before use.

Exposed to falls greater than 6 feet?

1. Set up a **Guardrail** (42" +/- 3") with mid-rail + toe-board.
2. Use a **Hole-Cover** for any opening greater than 2"(capable of withstanding 2x possible load, be secured + labeled "hole").
3. Set up a **Warning Line** (at 15 feet from hazard with flagging every 6 ft). Use PFAS if going beyond warning line.
4. Wear a Personal **Fall Arrest** System PFAS (fall harness + lanyard/SRL + anchorage 5000 lbs of force). Ensure your system would actually work!
5. Personal **Fall Restraint** System (withstand 3000 lbs of force).

Ladder Safety:

- Ladder is secured + stable
- Don't stand on top step or very top
- Ensure access is unobstructed and protected against falls
- Use 3 points of contact and face ladder when climbing and descending.

If you see something unsafe. Stop and address the hazard. You may save a life.



Weekly Pre-Task Plan + Toolbox Talk Sign-in

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Inspections-check if required	Inspected by:
Lifts, Hoists, Heavy Equip.	
Ladders/ Scaffolds	
Trenches	
Tools + Equipment	
Fall protection equip.	
Guardrails/barricades/holes	

Additional Notes/reminders:

[illegible]

Fall Protection: Personal Fall Arrest Systems

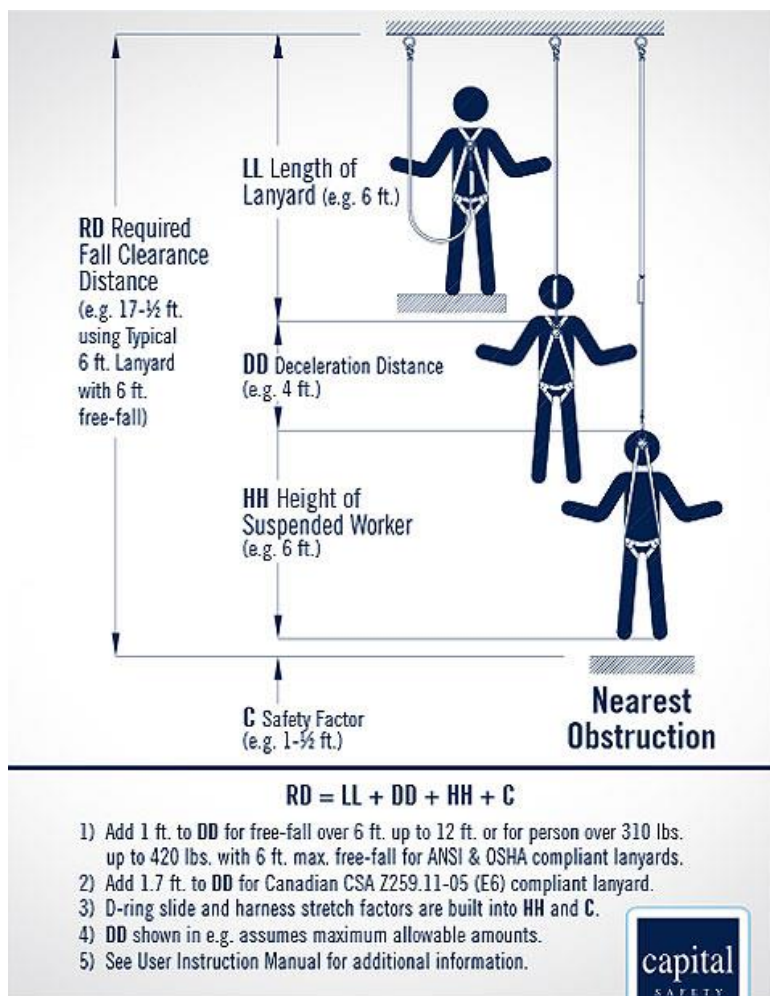
Focus on fall hazards

Falls 6 feet or greater require fall protection. If you are not protected by a guardrail, or warned at 15ft by a warning line, you must use a personal fall arrest or restraint system to prevent a serious fall injury.

- Inspect your equipment before each use. All equipment is designed for fall protection.
- Determine your fall clearance.
- Set up your system .
 - **Anchorage Point:** rated for 5000 lbs of force. Follow directions for use and/or installment.
 - **Connector:** Shock absorbant lanyard or Retractable.
 - **Fall harness:** is nice and snug, fitted properly.
- Have a rescue plan: if you fall, how will you get rescued ASAP to prevent suspension trauma?

Fall Clearance Calculation: You need at least 17 1/2 ft of clearance.

Check the labels on your equipment to determine the Deceleration distance, and always try to tie off overhead to reduce freefall.



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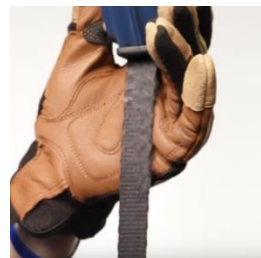
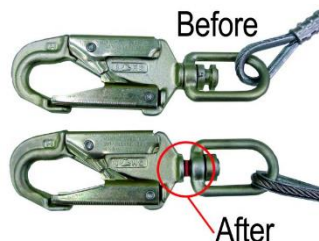
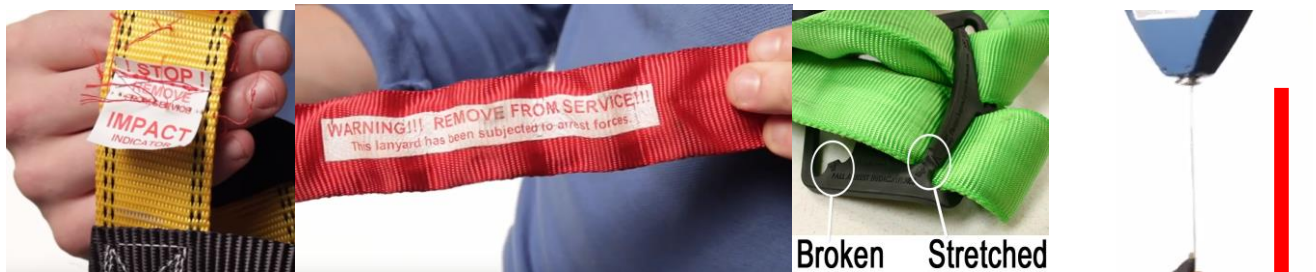
Additional Notes/reminders:

[illegible]

Fall Protection: Inspect Equipment

Inspect before each use! If hazards are found. Take out of service immediately.

- Fall Arrest Safety Indicators: look for the tags and other safety indicators on your equipment. If it reads "Remove from Service. Safety Indicator."
- Check webbing for damage: No holes, chemical damage, UV damage (white and fuzzy), and welding slag or burns.
- Check hardware: No degradation, warping or bending, or other damage that affects the integrity of the hardware. Safety indicators on hardware are often RED colored.
- Check functionality: retractables, make sure it stops like a seatbelt when you tug it, pulls in and out smoothly, and no slack.
- Anchorage points and equipment: Check the integrity of your anchorage point and the device, and be sure to use it properly. Always follow directions.



Abrasion damage adjacent to energy absorber: displaced protective sleeve over energy absorber



Missing label: damage to protective sleeve over energy absorber



Damaged webbing and protector to energy absorber



Wear at end of absorber loop at connection



Heavy paint contamination to webbing



Severe heat damage

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Fall Protection: Anchorage Points

Anchorage points must be strong enough to hold you in the event of a fall. The force of the body with a freefall of 6 feet or less may put as much as 5,000 pounds of force on that anchorage. Ensure your anchorage point is rated for 5000 pounds of force, or engineered properly.

- Only use appropriate anchorage devices for your fall protection system.
- Check the labels and manufacturer instructions to ensure you are using and installing it properly.
- Inspect your anchorage surface/material and anchorage device before and after installation.
- Any fall protection equipment must be exclusively used for fall protection.
- Avoid using any rigging straps as anchorage devices they are not rated according to force of a fall
- When using a D-ring Choker, ensure it is “choked” or wrapped through the larger d-ring to prevent movement.

There are a variety of anchorage devices available for many situations, from D-ring Chokers, Beam Clamps, Concrete bolts, or carts to use when no other anchorage point is available.

Do Not Use these as anchorage points:

- Standard Guardrails
- Standard Railings
- Ladders/Rungs
- Scaffolding
- Light fixtures
- Conduit or Plumbing
- Ductwork or Pipe Vents
- Lanyards
- Vents
- Fans
- Roof Stacks



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