

Location: _____ Instructor: _____ Date/Time: _____

TOPIC C128: FALL PROTECTION BEST PRACTICES

Most injuries on the jobsite happen because people aren't using safe work practices. When it comes to protecting yourself against falling, actions speak louder than words! When everyone recognizes and corrects hazards, accidents are prevented, illnesses and injuries are avoided and lives saved.

Why we need fall protection: We're all convinced that we won't fall, until we hit the ground. We need protection from falling because we don't have perfect balance and because our bodies injure easily. We may think that our reflexes will protect us and that we'll have time to regain our balance when we are about to fall, but split-second reflexes don't prevent most falls. We are falling before we know it, and we don't have to fall far to get hurt.

Falling without protection: Falls from ladders, roofs, and scaffolds account for more than half of all disabling falls. These falls are caused by loss of balance due to slipping, tripping and shifting or unstable work platforms.

The leading causes of falls include following from: Ladders; roofs; scaffolds or staging; nonmoving vehicles; floor, dock, or ground level; down stairs; girders or structural steel, and; piled or stacked material.

Protect yourself from falls by:

- Identifying the hazards that can cause falls, and eliminating them
- Using the right fall protection equipment to prevent falls or protect you if you do fall
- Understanding how to recognize hazards that cause falls
- There are three strategies that you can use to protect yourself against falls:
 - Eliminate hazards that cause falls
 - Prevent falls from occurring
 - Control falls so you're not injured

Eliminate the hazard: When you eliminate a fall hazard, you ensure that it won't cause a fall; this is the most effective fall-protection strategy. You can eliminate fall hazards by:

- Installing permanent stairs and guardrails early in projects so you don't need to use ladders
- Using tool extensions so you can work from the ground
- Installing guardrails and anchorages on framework and structural steel beams on the ground before lifting them into place

Prevent the fall from occurring: If you can't eliminate the hazard, you can still prevent the fall from happening by using parapet walls, covers, guardrails, handrails, perimeter cables and personal-fall-restraint systems.

Control the fall to prevent injury: Controlling a fall is the least effective fall-prevention strategy because it doesn't eliminate the hazard and doesn't prevent a fall from happening. However, this may be the best approach when the other strategies aren't feasible. Fall control systems include personal-fall-arrest systems, positioning-device systems, and safety-net systems.

Conclusion: We need more than self-confidence to protect us from falls. The best examples of protection include substituting safe work practices for risky ones, knowing how to work safely, and following safe work practices. Safeguard against fall-related injuries by always using the right fall-protection. When it comes to fall-protection, actions speak louder than words.

Employee Attendance:(Names or signatures of personnel who are attending this meeting)

These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.