

FALL PROTECTION

TRAINING



FALL PROTECTION

Falls occur when there is no fall protection present or when we are working outside the limits or manufactures recommendations of equipment, scaffolding, ladders or using unsafe means to access different levels of a worksite.

WHAT ARE THE HAZARDS

Falls are responsible for more injuries at work sites than any other type of accident. Falls can occur from ladders, scaffolding, vehicles, heavy equipment, aerial lifts, openings, platforms, leading edges and roofs. **Half of fall fatalities in construction occur at a height of 20 feet or less.** Falls from roofs account for 33% of fall deaths, followed by falls from ladders (24%).

HOW TO AVOID THE HAZARD

Some form of Fall Protection must be provided for all workers when exposed to falls of over 6 feet, with very limited exceptions.

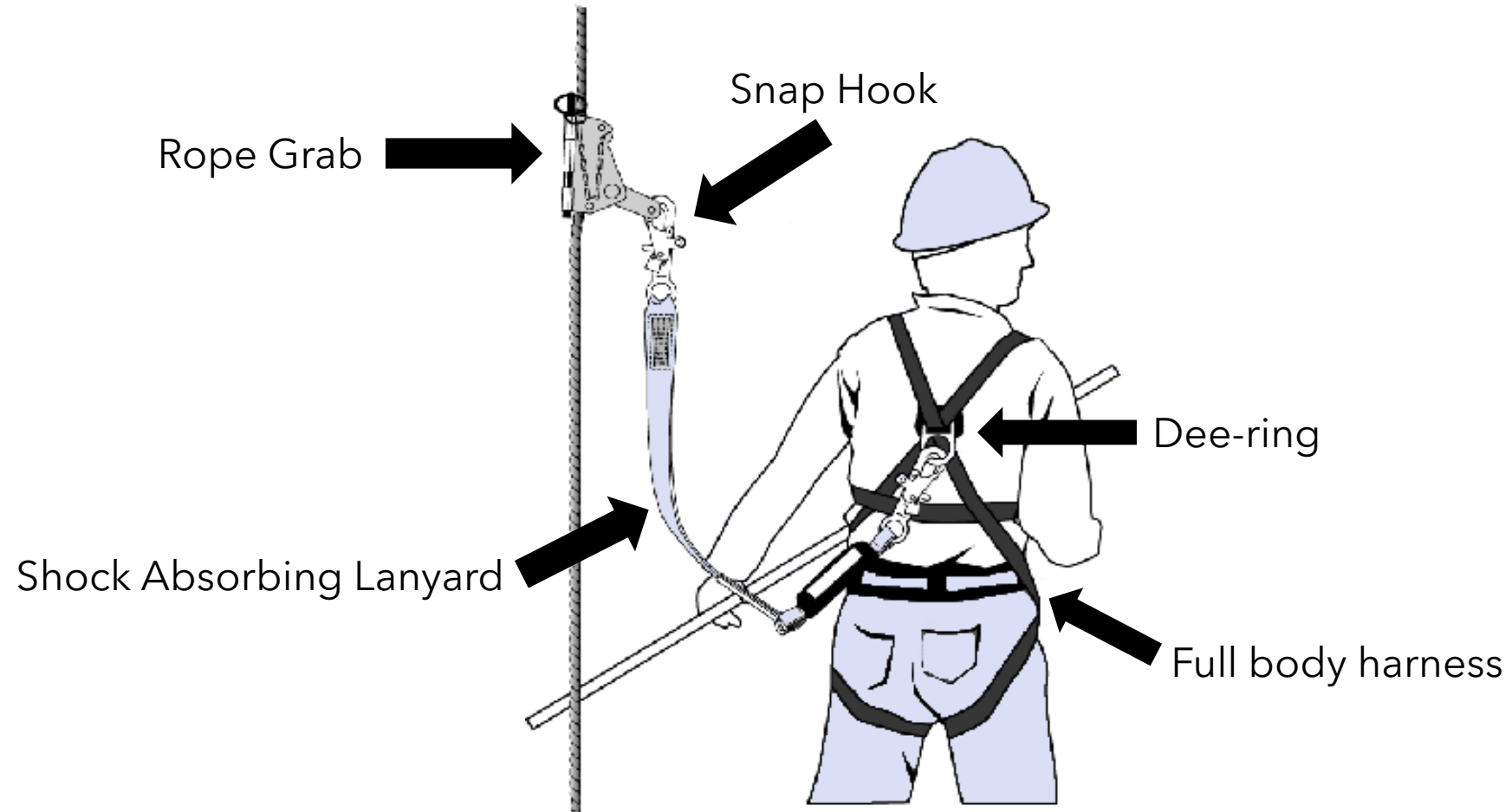
GUARDRAIL

- Any gap over two inches in floors or other walking surfaces must be covered.
- The cover must support twice the weight of any worker, equipment or materials.
- Covers must be secure and labeled with the word HOLE or COVER in large letters

PERSONAL FALL PROTECTION

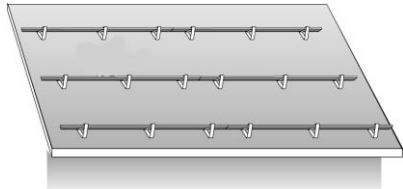
Personal Fall Protection Systems must, at a minimum, consist of a body harness, lanyard, life-line and an anchor point that is capable of supporting at least 5,000 pounds per employee. Harnesses must fit snugly with no more than 2 fingers of slack under any strap. D-rings where lanyards or self-retracting restraints will connect must be located between the shoulder blades. Chest straps need to be across the breasts. When using lifelines that are not self-retracting, they must be adjusted in length, so that there is never more than 6 feet of fall before the fall is arrested. Anchor points will be moved so that a fall would not cause a swing effect allowing an individual to fall more than 6 feet prior to fall arrest.

FALL PROTECTION



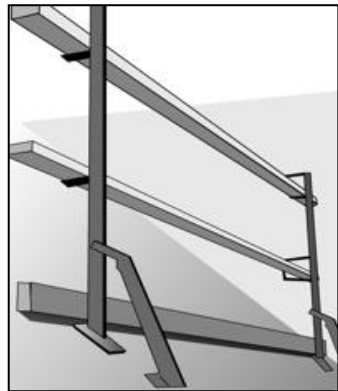
TWO WAYS TO STOP INJURY OR DEATH FROM FALLS

1) Stop the worker from falling to a lower level



ROOF BRACKETS
AND SLIDE GUARDS

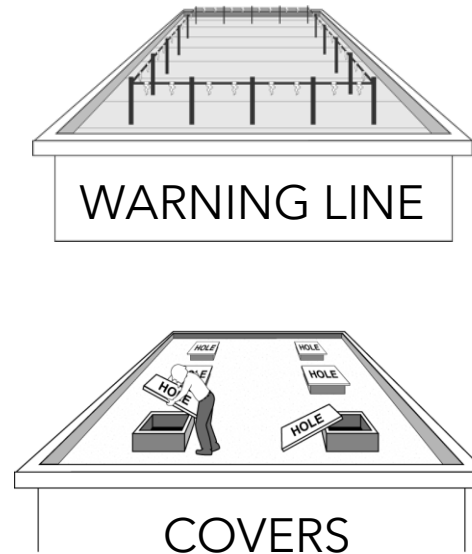
**ROOF BRACKETS AND SLIDE GUARDS
SHALL NOT BE USED ON ROOFS WITH A GROUND-TO-EAVE HEIGHT
GREATER THAN 25 FEET OR ON ROOFS WITH A PITCH GREATER THAN 8:12**



GUARDRAILS



PERSONAL FALL
RESTRAINT



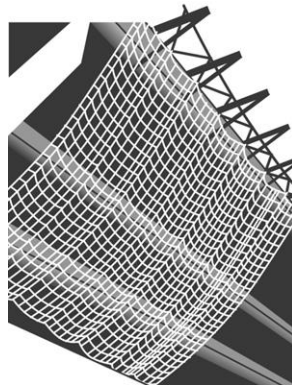
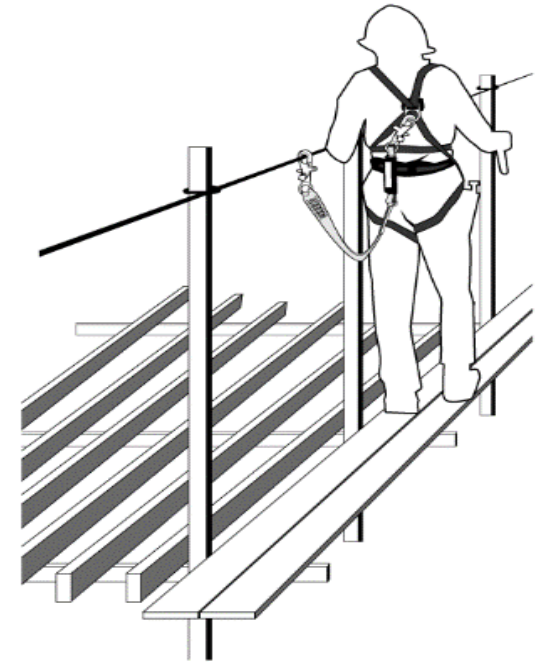
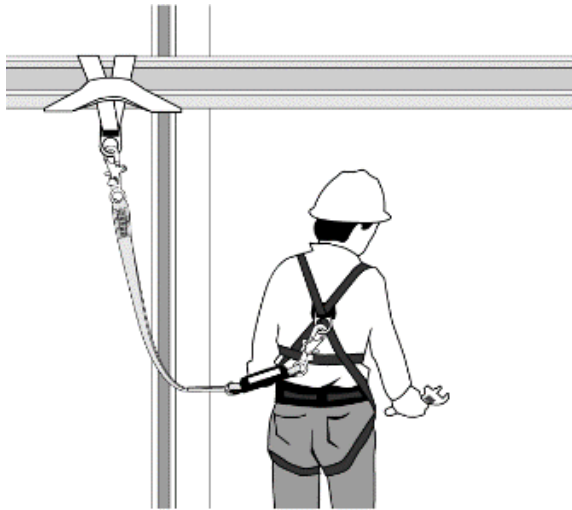
COVERS



POSITIONING
DEVICES

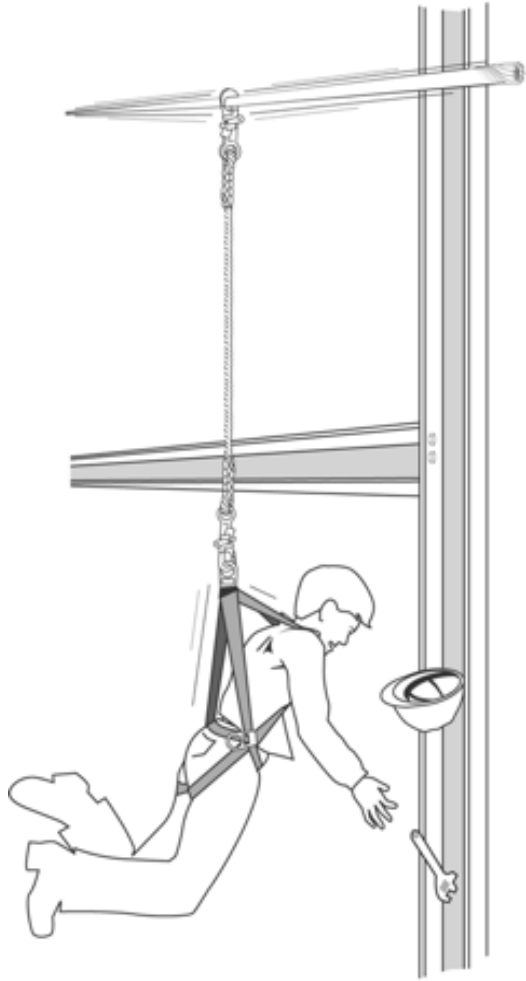
TWO WAYS TO STOP INJURY OR DEATH FROM FALLS

1) Stop death after falling

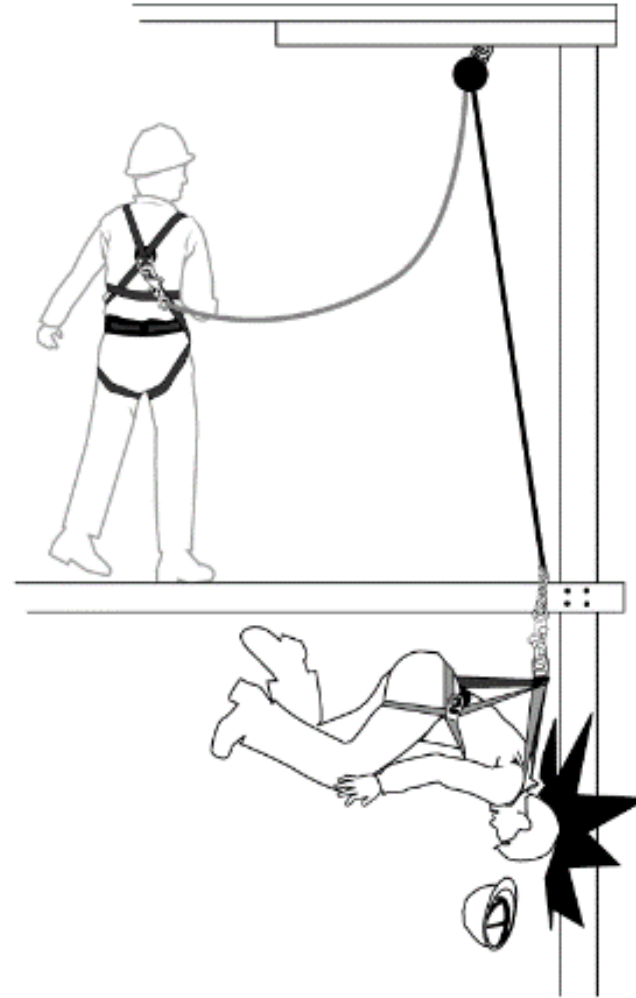


PERSONAL FALL ARREST SYSTEMS
SAFETY NETS

FALL PREVENTION OR FALL ARREST?



Fall
arrest

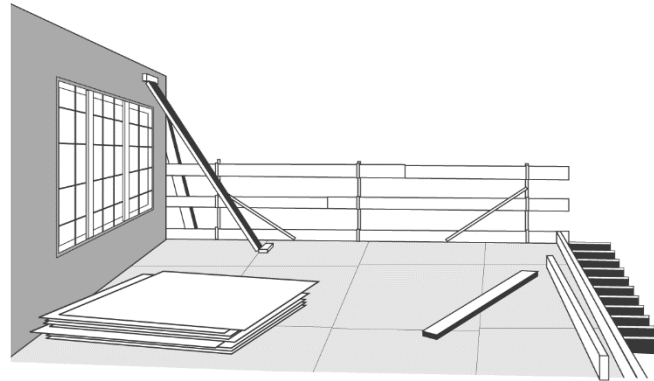


Fall
arrest
with
swing

FALL PREVENTION OR FALL ARREST?

FALL ARREST

Prevents death but may still cause serious injuries from the arresting forces or swing falls.



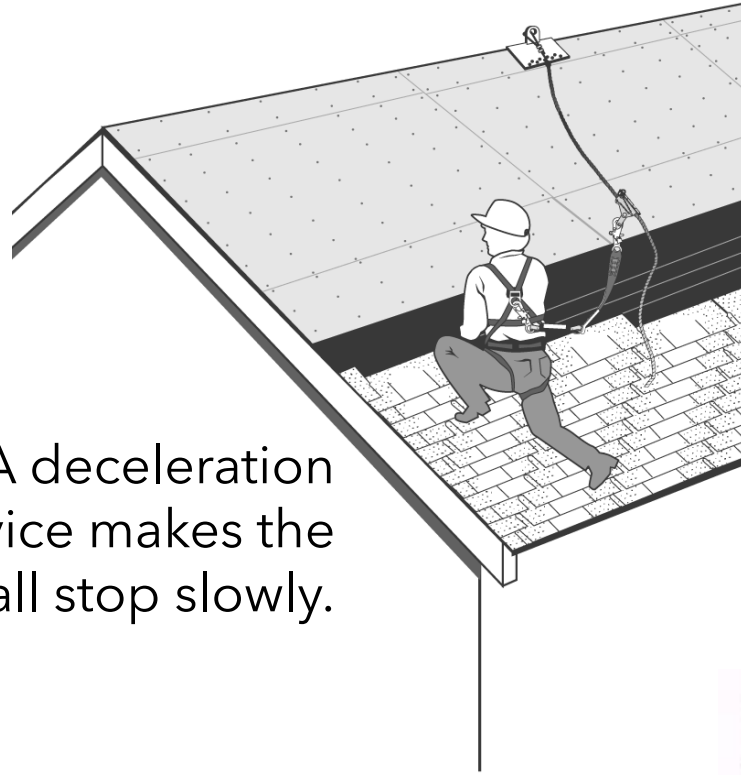
Guardrail

FALL PREVENTION IS BETTER

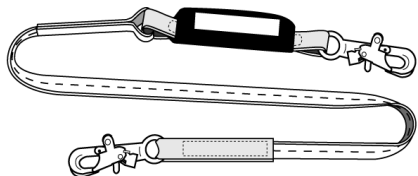
PERSONAL FALL ARREST SYSTEM COMPONENTS



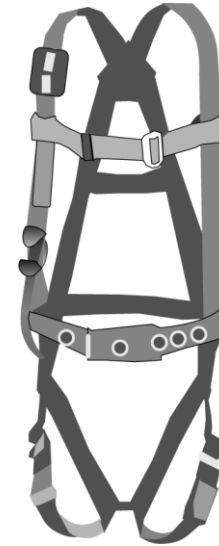
Anchor



A deceleration device makes the fall stop slowly.



Lanyard with deceleration device



Full Body Harness



Connectors



ANCHOR



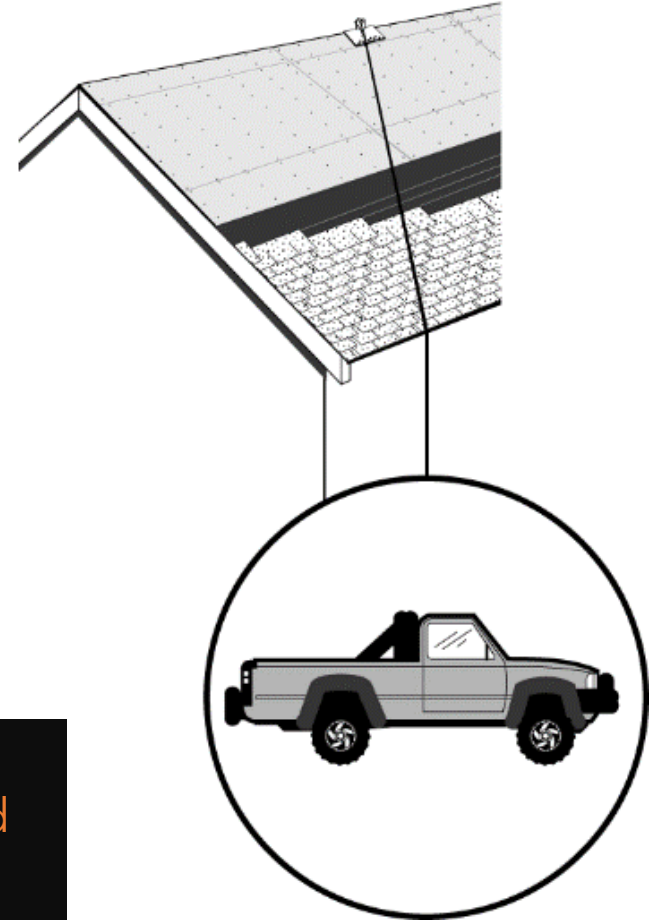
Anchor

The anchor is perhaps the most important fall protection system component

The anchor must support a minimum load of 5,000 pounds (2,265 kilos), approximately the weight of a mid-sized four-wheel-drive pickup truck.

Or, be designed by a QUALIFIED person with a safety factor of two times the impact force of a worker free falling six feet.

It is not easy to find anchors strong enough to withstand the impact of arresting forces. A COMPETENT person must supervise the selection and installation of anchors.



WHAT IS A COMPETENT PERSON?



A **COMPETENT** person is capable of identifying existing and predictable hazards in the surroundings or working conditions which are hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.

WHAT IS A COMPETENT PERSON?

Measuring the total fall distance

Actual distance from D-ring to workers' feet may vary.
Potential obstructions may affect the Total Fall Distance.
Fall arrest devices must be evaluated individually.

