CompGroup | AGC BUILDING TEXAS
Workers' Comp and More.

CONSTRUCTION
Safety Services Company

Worksite: _____ Instructor: _____ Date/Time: _____

Topic C128: Fall Protection Best Practices

Introduction: Most injuries in the workplace happen because safe work practices are not being followed. Inadequate training, carelessness, inattention, not implementing required safeguards, and not wearing appropriate personal protective equipment are the primary causes of on-the-job accidents. When it comes to protecting yourself against falling, "Actions speak louder than words!" When employers and workers recognize and correct hazards, accidents are prevented, illnesses and injuries are avoided, and lives saved.

Why we need protection from falling: We are confident that we will not fall – until we hit the ground. We need protection from falling because we do not have perfect balance and because our bodies injure easily. We may think that our reflexes will protect us and that we will have time to regain our balance when we are about to fall. But split-second reflexes do not prevent most falls. We are falling before we know it – and we do not have to fall far to get hurt.

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

Leading causes for falls to a lower level in the construction industry include the 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

You accomplish fall-protection by doing the following:

- Identifying the workplace hazards that cause falls
- Eliminating hazards that cause falls
- Using appropriate equipment to prevent falls or to protect workers if they do fall
- Making fall protection part of your workplace safety-and-health program
- Training workers to recognize hazards that cause falls
- Fall-protection strategies — There are three strategies that can be used to protect against falls: Eliminate hazards that cause falls, prevent falls from occurring, or control falls so that workers are not injured.

If you cannot eliminate the hazard, you can still prevent the fall from occurring. Examples that prevent falls: parapet walls, covers, guardrails, handrails, perimeter cables, and personal fall restraint systems.

Eliminate the hazard: When you eliminate a fall hazard, you ensure that the hazard cannot cause a fall – it is the most effective fall-protection strategy. Examples of ways to eliminate fall hazards:

- Install permanent stairs and guardrails early in projects so that workers do not need to use ladders between floors.
- Use tool extensions to perform work from the ground.
- Install 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 not eliminate the hazard, you can still prevent the fall from occurring. Examples that prevent falls: parapet walls, covers, guardrails, handrails, perimeter cables, and personal-fall-restraint systems.

Control the fall so that it does not injure a worker: Controlling a fall is the least effective fall-prevention strategy because it does not eliminate the hazard and doesn't prevent a fall from occurring. However, this strategy is appropriate when the other strategies are not feasible. Examples include personal-fall-arrest systems, positioning-device systems, and safety-net systems.

Conclusion: We need more than self-confidence for protection from falls. The best examples of protection include substituting safe work practices for risky ones, training workers how to work safely, and enforcing safe work practices in the workplace. Safeguard against fall-related injuries by always using appropriate 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.