

FALL PROTECTION— CONSTRUCTION

FALL ARREST: DO'S AND DON'TS



This talk discusses the safe use of a fall restraint or personal fall arrest system for construction workers.

Materials to have on hand:

- Examples of real-life injuries/fatalities from falls in construction work activities
- A full-body harness, lanyard, and/or lifeline and an independent anchorage point

Items for attendees to consider during talk:

- What are the two types of fall protection?
- When are you required to have appropriate fall protection?
- How often should your fall protection system be inspected?

Talk

Falls continue to be the number one killer in construction. These are tragic because they are preventable.

The Occupational Safety and Health Administration's (OSHA) fall protection standard requires that you have appropriate fall protection whenever you are 6 feet (ft) or more from the ground and there is an unprotected side or edge.

There are two types of fall protection: fall restraint and fall arrest.

Fall restraint includes such items as a guardrail or parapet wall. It can also consist of a personal fall restraint system that keeps you from reaching an unprotected "fall" point.

Fall arrest stops you from falling. The entire personal fall arrest system (PFAS) must be capable of withstanding the tremendous impact forces involved in a fall. A person without protection will free-fall 4 ft in ½ second and 16 ft in 1 second! A PFAS includes a full-body harness, a shock-absorbing lanyard or rope grab, vertical lifeline, and a sound anchorage able to support a load of up to 5,000 pounds (lb).

Today we are discussing the do's and don'ts of using a fall arrest system.

Do

- ✓ Pick an anchorage point that will support 5,000 lb (strong enough to support a pickup truck).
- ✓ Rig the fall arrest system so you can't free-fall more than 6 ft (or make contact with any lower level).
- ✓ Tie off above your head. A 6-ft person who ties off at the feet could free-fall as far as 12 ft.
- ✓ Place your anchorage directly above/behind your work area to avoid potential swing fall hazards.
- ✓ Use the shortest lanyard possible. The shorter the tie-off, the shorter the fall.
- ✓ Have your anchorage points selected by a competent person.

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Talk Date: _____

Location: _____

Supervisor/

Presenter: _____

Attendees: _____

Comments: _____

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Don't

- ☒ Do not tie off to vent pipes or unstructured, un-designated areas.
- ☒ Do not tie a knot in the lanyard. This will reduce its strength.
- ☒ Do not use water pipes, electrical conduits, light fixtures, or guardrails as anchor points.
- ☒ Do not use any lanyards without self-locking snap hooks.
- ☒ Do not join multiple lanyards together to reach an anchorage.
- ☒ Do not tie off to the same anchorage as another worker, unless it is designated and approved by an engineer.

- ☒ Do not unhook from your fall protection while exposed to a fall greater than 6 ft.
- ☒ Do not allow someone else to rig your equipment, unless you verify that it has been done correctly.
- ☒ Do not use an anchorage that is dependent on any anchorage used to support or suspend platforms.

And finally:

- You must inspect your equipment daily before each use for wear damage, deterioration, fraying ropes, cracks, or other defects in the hardware.
- Tag and remove any defective equipment from service.
- Make sure you are attached to a sound anchorage.

Remember, if you have any questions or concerns, please speak up. Think safety first!