



GOALS

This safety session teaches employees to:

- Prevent falls.
- Understand the hazards of falls and know the Occupational Safety and Health Administration (OSHA) rules that they must follow to protect themselves.

Applicable Regulations: 29 CFR 1926 Subpart M, L, N, R, S, V, and X (special classes of workers)



1. Year after year, falls are one of the most frequent causes of fatal workplace accidents.

- In a recent year, 12 percent of fatal workplace accidents were caused by falls.
- Unfortunately, falls—especially from heights where fall protection is required—often cause severe injuries.
- Although the construction standards are more detailed, workers in general industry will be hurt just as badly if they fall.

2. OSHA's construction standards require some protection when an employee could fall 6 feet (ft) or more on the job.

There are three commonly used means of fall protection:

- **Guardrails** serve as barriers between workers and an open, upper-level edge. If there is no wall or parapet protecting an edge, midrails or screens have to be installed between the top of the guardrail and the floor to prevent falls.
- **Safety nets** are usually made of rope mesh and are designed to catch workers if they fall. They must, of course, be certified as strong enough to catch a falling worker.
- **Personal fall protection systems** provide each worker with an individual form of fall protection. Workers wear a body harness connected by a lifeline to a fixed anchor. The personal fall arrest system is designed to go into action by the time a worker has fallen 6 ft and before contact with any lower level.

3. In addition, OSHA provides for secondary fall prevention systems to cover situations where these systems are not practical.

- **Controlled access zones** are areas where certain work can be performed without a guardrail, safety net, or personal fall arrest system. As the name suggests, these areas must be off limits to all but specifically authorized workers.
- **Safety monitoring** is a trained person placed on the elevated floor with the workers, close enough to be heard, and is assigned to look for fall hazards and warn workers of danger.
- **Warning line systems** involve the use of rope, wire, or chain barriers that alert workers about an unprotected roof side or edge. Warning lines must be at least 6 ft from the roof edge and go around all sides of the roof work area. Warning lines alone are not enough—they must always be used with safety monitoring or one or more of the three primary means of fall protection.



- **Hole covers** should be used to prevent workers from falling through holes in floors, roofs, etc. Covers must be color-coded and marked “hole” or “cover” to warn of the hazard. Hole covers should be secured so that they won’t move accidentally and must be able to support twice the weight of workers, equipment, and materials that could be placed on them at one time.

4. To prevent injuries to workers from falling objects, employers must:

- Require employees to wear a hard hat whenever there’s a risk of falling objects.
- Remove scrap and debris from the work area promptly.
- Cover holes, including skylights, through which objects could fall on people.
- Take precautions to prevent objects from falling by:
 - Installing toeboards, screens, or guardrails around open edges;
 - Installing a strong canopy that falling objects can’t penetrate; *or*
 - Installing barricades to keep employees out of the area where objects could fall.
- Keep materials, tools, and equipment a safe distance from aboveground open sides and edges.



DISCUSSION POINTS:

Discuss how the general information presented relates to the particular sites where workers could fall 6 ft or more on the job or where they could be injured by falling objects. Make sure they understand the types of protection used by your company.



CONCLUSION:

Falls and falling objects cause many serious injuries each year. Being aware of the particular hazards in your operation is the first step in protecting yourself. The next step is to be sure you always use fall protection, and wear your hard hat where there is any danger.



TEST YOUR KNOWLEDGE:

Have your employees take the Importance of Fall Protection in Construction quiz. By testing their knowledge, you can judge their understanding of both the hazards and means of protection available and whether they need to review this important topic again soon.



**IMPORTANCE OF FALL PROTECTION IN
CONSTRUCTION QUIZ**

1. **The Occupational Safety and Health Administration (OSHA) requires fall protection when you are on a walking or working surface with an unprotected side or edge more than 20 feet (ft) from the ground.**
a. True b. False
2. **Guardrails, safety nets, and personal fall arrest systems are effective means of fall protection.**
a. True b. False
3. **Personal fall arrest systems should be inspected at least once a month.**
a. True b. False
4. **You are allowed to enter a controlled access zone only if you have proper authorization.**
a. True b. False
5. **Safety monitors should stand below on the ground, right under where employees are working so that they can be seen.**
a. True b. False
6. **You should attach your lifeline to any convenient anchor.**
a. True b. False
7. **When working in a high place, the best place to store materials is near the edge where they'll be out of the way as you work.**
a. True b. False
8. **You should clean up spills promptly, and dispose of trash regularly when working in high places.**
a. True b. False
9. **If you're in a secure location, you can remove your personal fall arrest system and use it to hoist tools, equipment, or materials.**
a. True b. False
10. **You should always wear a hard hat at a jobsite where people are working aboveground to prevent being hit by falling objects.**
a. True b. False

When you have completed this quiz, turn it in to your supervisor.

Name: _____

Date: _____



**ANSWERS TO IMPORTANCE OF FALL PROTECTION IN
CONSTRUCTION QUIZ**

1. b. False. OSHA requires fall protection when you are on a walking or working surface with an unprotected side or edge more than 6 ft from the ground.
2. a. True.
3. b. False. They should be inspected before each use to make sure they are in good condition and safe to use.
4. a. True.
5. b. False. The monitor must be on the same level as the workers and near enough to be heard.
6. b. False. The anchor must be strong enough to hold 5,000 pounds of force. You will be instructed at the jobsite about where and how to anchor your lifeline.
7. b. False. You should keep materials, as well as tools and equipment, away from the edge where they might be knocked off and fall on someone below.
8. a. True.
9. b. False. OSHA requires fall protection when you are on a walking or working surface with an unprotected side or edge more than 6 ft from the ground. Furthermore, a personal fall arrest system should only be used to prevent falls. It should never be used to hoist tools, equipment, or materials.
10. a. True.