



## FALL PROTECTION – SAFETY FIRST

**Falls are one of the most common workplace incidents. But taking proper precautions and using protective equipment can reduce the chances of injury or worse.**

### ■ **Fall protection required at different heights**

- General industry – 4 feet
- Maritime – 5 feet
- Construction – 6 feet

### ■ **Protective equipment**

- Personal fall arrest system – body harness, lifelines, anchorages used to keep employee from falling more than six feet or contacting lower level
- Guardrails – required for scaffolds more than 10 feet above ground; toeboards keep tools and equipment from sliding off walking area and striking someone below
- Safety nets – catch falling workers, protect those underneath from getting struck by a dropped tool or piece of debris

### ■ **Common hazards**

- Scaffolds
  - Inspect for proper construction
  - Use guardrails and netting
- Protruding rebar
  - Guard ends with caps or troughs
  - Bend so exposed ends are no longer upright
- Unprotected sides and holes
  - Cover/guard floor holes
  - Survey site before working
  - Make sure hole covers will support 2x weight of workers, equipment and materials
- Ladders
  - Don't overreach
  - Secure ladder
  - Never climb one-handed
  - Never stand on top rung
  - Avoid leaving tools on ladders to fall
- Slips, trips and falls – clean work area, cover cords, use handrails, keep shoes in good condition

### ■ **Remember: Regularly inspect equipment for damage/wear!**