

Job Name _____

Date: 9.24.20

OSHA Training Toolbox Talk: Prevent Fall Injuries & Fall Fatalities



FALLS ARE THE LEADING CAUSE OF DEATH IN CONSTRUCTION.

Workers at 6 feet or more above lower levels are at risk of fatal falls or serious injury. With planning and training, these hazards can be reduced and/or eliminated.

Two types of Fall Protection Include: Fall Restraint & Fall Arrest

Fall Restraint includes items such as a guardrail or parapet wall. This is considered a personal fall restraint system in which keeps you from reaching an unprotected "fall" point.

Guardrail Requirements:

- Top of Rail must be at least 39" to 45" above a working surface & ½" in Diameter
- Top Rail must be able to withstand a force of 200lbs, in any direction
- Mid Rail to withstand 150lbs of force
- Toe Boards must be 3 ½" high and able to withstand 50lbs of force

Fall Arrest STOPS you if you are falling. If you are at risk for falling 6 feet or more, fall protection equipment is required. A person without fall protection will free fall 4 feet in a ½ second & 16 feet in 1 second.

Fall Arrest Systems includes ALL of the below:

- Full Body Harness
- Shock Absorbing Lanyard
- Rope Grab
- Vertical Lifeline
- Anchorage – 500lb minimum

Fall Protection Check List:

- Inspect Equipment Daily
- Look for fraying ropes, cracks or other defects in hardware

