

Fall Protection

Falls in the workplace are the #1 most often cited standard. Workers who work at higher work areas and those working just a few feet off the ground are at risk of falls. Protecting workers from falls include guard rail system, personal fall protection system, best safety practices and training.

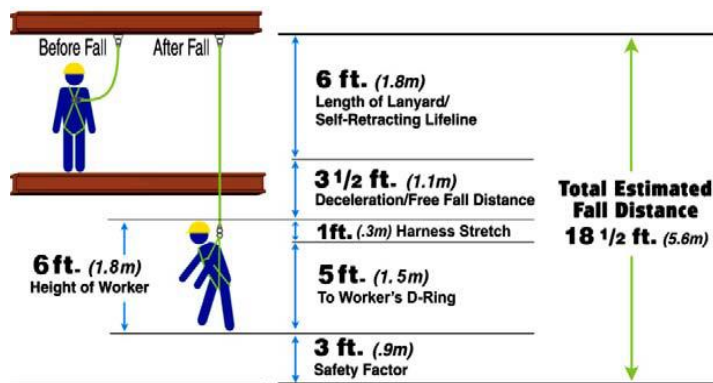
Reduce Falls

- Survey the work area before the work begins –
 - Where is the potential fall hazard?
 - What type of protection is in place to prevent a fall?
 - Are there any uneven walking surfaces?
 - Are the floors in good condition or are there any loose flooring (potholes, transition from one floor type to another, etc.)?
 - Is there adequate lighting?
- Guard elevated work platforms such as cat-walks with guard rails. Ensure toeboard is installed and in good condition.
- Remove power cords, cables and air hoses from walkways (including stairwells).
- Use signage and slip resistant floor treatments

Fall Protection Systems

Fall Protection System

Depending on the job and fall hazards, it's important to select the right type of fall protection system. For example: If a worker is using a man basket – what type of fall protection is required? A full body harness and a 2' or 3' fall restraint is typical when using a man basket as this provides enough length for the worker to move around in the man basket, but short enough to keep the worker safe inside the basket. Another example: if the worker is required to wear full body harness and lanyard with shock absorber – the lanyard must be attached directly to the anchorage and calculation of the total estimated fall distance must be conducted. For example:



Inspection

All fall protection equipment shall be **inspected before each use** in accordance with the manufacturer's instructions. Inspection example:

- Check nylon webbing for broken fibers, burn marks, frayed edges or other visible signs of damage;
- Check buckles and D-rings are not distorted or damaged, etc.

Click [here](#) for complete inspection checklist.

FALL PROTECTION

SIGN IN SHEET

TOPIC: FALL PROTECTION

Date: _____

Time: _____ AM / PM

Conducted By: _____

Translated By: _____

NAME (print clearly)	SIGNATURE

Supervisor Signature: _____ Date: _____