Fall Prevention

Safety Meeting Packet

The leading cause of construction related fatalities in the United States is falling incidents. To prevent serious injuries and fatalities, employers should plan their fall prevention, provide the proper equipment needed for the job, and make sure all employees on the worksite understand how to use the protection equipment and follow the established safety procedures.

Plan According to Worksites

At every new worksite, employers should take measures to prevent employees' risk to fall hazards. While assessing new or established worksites, employers need to determine whether the surfaces employees will be working on have the strength and structural integrity to support them. Additionally, employers need to know the number of employees who will have access to any given worksite as this will dictate safety procedures like the number of anchorage points for safety equipment and what types of fall protection are needed. All fall protection measures should be planned for each individual worksite.

Ask These Questions When Evaluating Your Worksite:

- How many employees will be working on this worksite?
- Are the working surfaces secure?
- Which fall protection systems will work best at this worksite?
- Are all employees trained on the fall protection system that best suits this worksite?

Training

For employees exposed to fall hazards, providing fall prevention training is essential. Employers are responsible for providing the training and re-training necessary to minimize fall hazards. Only employees who have successfully completed a training program in full, should be allowed on a job site. This applies to both new and current employees.

Common reasons for re-training:

- Changes to standard safety procedures or introduction of new safety equipment
- Employee exhibits behavior that suggests their understanding of fall protection equipment is lacking

Using the Proper Equipment

Using the proper equipment can be extremely effective against fall hazards. For the construction industry, any employee working on a surface that is six feet or higher or with an unprotected side or edge, OSHA requires the use of fall protection equipment. For general industry workplaces, fall protection must be used at elevations of four feet or higher. Fall protection equipment can range from guardrail systems, to safety net systems, to personal fall arrest systems. The following outlines the proper use of these three systems.

Guard Rail Systems

This type of system works as a barrier that prevents a worker from falling. According to OSHA, the basic requirements of a guardrail system are that the top rail must be 42 inches above the working surface, an intermediate component must be installed between the top rail and the working surface, and the top rail must be able to withstand a force of at least 200 pounds when applied 2 inches or less from the top rail.

Safety Net Systems

This type of system is a net system that is installed below and around the surface employees are working on. According to OSHA standards, safety net systems must not be more than 30 feet below the work surface and must have sufficient clearance underneath to prevent workers from hitting the ground should they fall.

The A, B, Cs Of Personal Fall Arrest Systems:

- Anchorage – Make sure your anchor is secure and can support its intended load.
- Body harness – Make sure your body harness is positioned correctly and securely.
- Connectors – Make sure the connecting pieces of your fall arrest system are secure and working properly.

Personal Fall Arrest Systems

This type of system is used to stop a worker who is falling. Personal fall arrest systems are comprised of a harness, a lanyard with a deceleration device, and an anchor. OSHA standards require that when a worker uses a body harness, the maximum arresting force can be no more than 1,800 pounds. What this means is that harness cannot be rated to stop more than 1800 pounds from falling. These systems must be set up in such a manner that the worker cannot free-fall more than 6 feet or strike another surface while falling. In fact, the maximum deceleration distance a worker may fall must not be more than 3 ½ feet.

For additional information regarding fall protection and prevent, please review the OSHA standards below:

- 1926.502

Fall Prevention

Safety Meeting Attendance Acknowledgement

Company Name _____

Department / Division _____

Meeting Date & Time _____ _____ ☐ AM ☐ PM

Meeting Location _____

Name & Title of Individual Conducting Meeting _____

Key Meeting Discussion Points / Important Reminders:

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Internal Procedures Reviewed:

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By signing this document, you confirm your attendance at the meeting and acknowledge the issues addressed above!

Employees in Attendance		
(Print):	(Print):	(Print):
(Sign):	(Sign):	(Sign):
(Print):	(Print):	(Print):
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Employees not present: _____

Suggestions/Recommendations to improve workplace safety and health: _____

Actions Taken: _____

Manager/Supervisor: _____ Date: _____

Disclaimer:

The information provided above was assembled using multiple resources. However, these materials do not contain ALL the information available regarding the required safety standards under local, provincial, state, or federal law for your industry.