



Fall Protection

Overview and Harnesses

Fall Protection Overview

Overview

Slips, trips and falls occur everyday at home, work or anywhere you may be. Injuries due to falls can be minimized through safety knowledge and proper attitude. Practice safety, rather than learning it through experience. Be sure to check your state requirements (WA, OR, CA, AK) for compliance.

Slips

Slips are more likely to occur when you are in a hurry, run, wear the wrong kind of shoes, or do not pay attention to where you are walking. Slips are often caused by loose flooring, wet surfaces, spills or weather hazards like ice or snow.

Be watchful and observant, look for foreign substances on the floors, such as deposits of water, food, grease, oil, sawdust, soap or debris. A small amount is enough to make you lose your footing and fall.

Remember to clean your footwear when you enter a building from outdoors or from debris filled areas. Clean your footwear thoroughly to prevent your footwear from being the wet or slippery problem.

Trips

A trip occurs whenever your foot hits an

object and you are moving with enough momentum to be thrown off balance.

To prevent trips, walk in designated walkways. If items are in the normal walkway, such as extension cords, tools, carts or any other object, they should be barricaded to avoid a tripping accident.

Falls

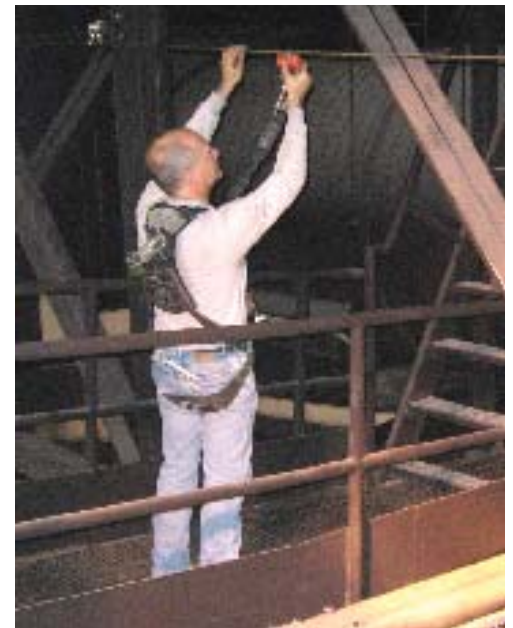
The worst falls are from heights or elevated surfaces like scaffolding or ladders. Falls from heights can cause serious injury or even death.

Fall Protection

Inspect a ladder to be sure it is in good condition and is the right length for the job. Place it on a firm surface. Keep the ladder's base 1 foot away from the wall for every 4 feet of ladder height. That should be about 75 degrees. The upper legs of an extension ladder should extend 3 feet above the horizontal edge. Keep 3 points of contact such as 2 feet and 1 hand or 1 foot and 2 hands. Do not over-reach, instead move the ladder.

Scaffolding must be assembled according to the manufacturer's specifications. While assembling be sure to check carefully for defects.

When using stairs or ramps, always use the handrails. Handrails provide a



Here an employee is on a catwalk that has a guardrail and toeboards. He is connecting his safety harness as he prepares to work off the catwalk.

handhold for support and a stair rail protects employees from falling over the edge of an open-sided stairway.

A guardrail is a vertical barrier, normally consisting of an assembly of top-rails, mid-rails and posts, erected to prevent employees from falling to a lower level. A toeboard is a barrier placed to prevent tools or materials from falling to a lower level and to keep an employees feet from slipping over an edge.

SAFETY TRAINING SIGN-IN SHEET

Company Name: _____ Date: _____

Subject: Fall Protection Overview and Harnesses

The following employees participated in this training. Sign and print your name.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



The three photos to the left from top to bottom: Inspect the manufacturers' tag and expiration date. Inspect the harness for excessive wear, cuts or broken fibers. Inspect the stitching points for loose threads or excessive wear.

What is Fall Protection?

A personal fall arrest system can help keep you from falling hazards, but only if it is in good shape and working properly. Fall protection consists of:

- ▲ an anchorage
- ▲ connectors
- ▲ body harness
- ▲ lanyard, deceleration device, lifeline or a combination of these

Since you trust your life to the fall protection equipment, it only makes sense to inspect your equipment before use.

Protect Yourself - Inspect

Always read the manufacturer's inspection guidelines. Learn what to look for that could indicate a weakening of the fall protection equipment. Inspect for:

- ▲ Excessive dirt in the fibers of the webbing that can abrade the fibers.
- ▲ Areas of the webbing that are stiff or brittle.

- ▲ Pulled stitching, broken fibers or areas that are stretched severely.
- ▲ Fading caused by exposure to UV light or from chemical exposures.
- ▲ Any cut, tears or holes.
- ▲ Any burns.

When using fall protection in hot areas or where chemicals are used you may need to check your equipment several times during your shift.

Be aware of who you need to report problems to and who to go to if you have questions about your fall protection.

Employer Responsibilities

- ▲ Tell employees when fall protection is necessary.
- ▲ Provide the fall protection equipment and explain how it should be used.
- ▲ Train employees how to don and doff the fall protection and how to properly care for it.

QUIZ

1. When entering a building from outdoors clean your footwear because:
 - a. Your footwear will last longer.
 - b. It keeps the floor clean.
 - c. Your footwear could have grease or debris that would make the floor slippery.
2. The worst falls are from elevated positions like ladders and scaffolding. T or F
3. If the ladders is 12 feet long, how many feet from the wall should the base be placed?
 - a. 6 feet
 - b. 4 feet
 - c. 3 feet
4. Fall protection equipment is safe if it is flexible and faded. T or F
5. Fall protection should be inspected once a year. T or F

1. C, 2. T, 3. C, 4. F, 5. F