

Falls occur due to many reasons: losing balance, trips, losing a grip, stepping backwards, strong winds, dangerous weather, stepping into a hole, supports moving, or irregular work surface. Reduce work injuries by following safe work practices, properly using equipment, and being aware of fall hazards.



Protection From Falls

- Employers must protect associates from falls in all industrial environments where an associate is four (4) feet or higher above a lower level, including:
 - Unprotected sides and edges (horizontal and vertical)
 - Holes- if the hole only creates a trip hazard, a cover should be used
 - Open sides of ramps, runways, and other walkways
- Associates must be protected in all construction situations, six (6) feet or higher, including:
 - All situations listed above;
 - Roofing work where a parapet walls in not a minimum of 39" high;
 - Scaffolding above 10'.

Working in Lifts

- A body belt is not required, but both feet must remain on the basket floor at all times
- Guardrail must be complete
- Mid-rail chains must be connected
- DO NOT exit the lifted basket

Inspections of Equipment

Daily inspections or inspections before each use should look for:

Cuts, tears, burns, abrasions, chemical damage, rust, corrosion, broken latches, fraying, cracks, sharp edges and distortions

Protection From Falls

Engineering controls must first be evaluated for feasibility prior to fall protection implementation.



Fall Arrest



Fall Restraint



Positioning

The following are examples of fall protection/prevention systems and practices:

- Guardrail Systems- The top edge of the guardrail must be 42 inches (+ or – 3 inches) above the walking/working surface
- Positioning Device System- Used to position worker so that they can work hands-free. Body-belts are an example of a positioning device, and may be used on scissor lifts and man-lifts when tied off properly. **BODY BELTS ARE NOT FALL PROTECTION.**
- Personal Fall Arrest Systems (PFAS)- Must not allow an associate to free-fall more than six (6) feet or contact another lower level.

