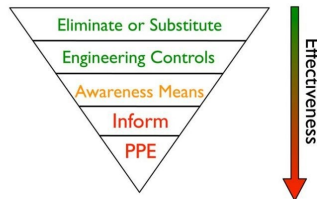




Selecting the Best Fall Protection

Hierarchy of Controls



There are many available options when it comes to selecting the proper form of fall protection. When selecting fall protection, use the hierarchy of controls to determine the most effective way to ensure the safety of yourself and your coworkers.

FALL PREVENTION—ELIMINATION

This is the most effective form of fall protection because it eliminates the fall hazard entirely and does not rely on individuals using equipment properly. Building a barrier between the worker and the fall ensures that there is a minimal chance that they are injured. If you are working in a specific area for extended periods of time, consider this method. Examples of fall prevention include guardrails or skylight cages.

FALL RESTRAINT

This method prevents the worker from reaching a fall hazard through a tie off system. This requires the employee to be trained on proper use and safety. An example of fall restraint includes the use of a restraint tether.

FALL ARREST

Fall arrest systems stop a fall that is already in progress. Personal fall arrest includes an employee wearing a body harness, attached to a connecting device. The connecting device is then attached to an engineered anchorage point capable of supporting 5,000 pounds in a fall.

FALL PROTECTION—MOST TO LEAST EFFECTIVE

Elimination



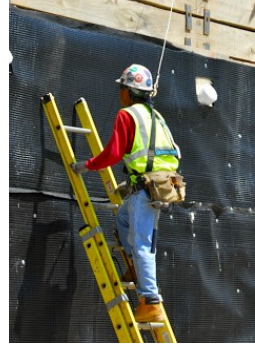
Prevention / Guardrails



Fall Restraint System



Fall Arrest System



Warning Line

