



### Supervisor Talking Points

- Discuss activities requiring the use of fall protection (railcar loading, maintenance, etc.).
- Demonstrate inspection of fall arrest equipment:
  - Harnesses
  - Lanyards (fall arrest/restraint)
  - Self Retracting Lifelines (SRL's)
- Demonstrate how to wear a full-body harness. Have each employee put on a harness and inspect the fit of the harness.
- Discuss rescue plan for employees involved in a fall. Review equipment that may be used for rescue (aerial Lifts, cranes, ladders, etc.)
- Discuss how to properly store fall protection equipment.
- Discuss the procedure for inspecting stepladders and extension ladders.
- Discuss the requirement for removing ladders from service (i.e. Do Not Use tag or similar).
- Discuss the proper way to set up an extension or straight ladder (4 to 1 rule, 3 ft. above landings, etc.)
- Discuss proper way to climb ladders (3-point contact, hands free, face ladder, do not move or shift while occupied, only used for intended purpose, etc.)