

Back to Basics Fall Prevention help sheet

Questions	Standard	Yes/No
Are your walking-working surfaces (inside and outside) inspected regularly and are hazardous conditions guarded until repaired?	1910.22(d)	
Are walking-working surfaces free of hazards such as protruding objects, spills, snow, and ice?	1910.22(a)(3)	
Are employees provided training on the fall hazards in the work area, the procedure to follow to prevent falls and the procedures for installing, inspecting and maintaining the fall protection systems?	1910.30(a)	
Did you provide retraining when there are changes in the workplace fall protection systems/equipment and when employees do not understand/use the equipment safely?	1910.30(c)	
Is each walking-working surface 4 feet or more above a lower level protected by a guardrail system, safety net or personal fall protection system?	1910.28(b)(1)(i)	
Is each employee on a dockboard protected from falling 4 feet to a lower level by a guardrail system?	1910.28(b)(4)(i)	
Is each fixed ladderway hole protected by a guardrail system and self-closing gate?	1910.28(b)(3)(iv)	
Are portable ladders inspected before initial use on each work shift to identify any visible defects that could cause injury?	1910.23(b)(9)	
Are portable ladders with structural or other defects immediately tagged "Dangerous: Do Not Use" or similar language and removed from service until repaired or replaced?	1910.23(b)(10)	
Do your portable ladders used to gain access to an upper landing surface have side rails that extend at least 3 feet above the landing surface?	1910.23(c)(11)	
When any portion of a fixed ladder that extends more than 24 feet above a lower level is installed or replaced after November 18, 2018, is it equipped with a personal fall arrest system or a ladder safety system?	1910.28(b)(9)(i)	
Are stair rails installed before January 17, 2017, 36-38 inches high measured at the leading edge of the stair to the top of the rail? For open sided stairs installed after January 17, 2017, is the top rail 42 inches high and is there a separate handrail 30-38 inches high?	1910.29(f)(1)(ii)	

Please take action to address any question you answered no or I don't know.

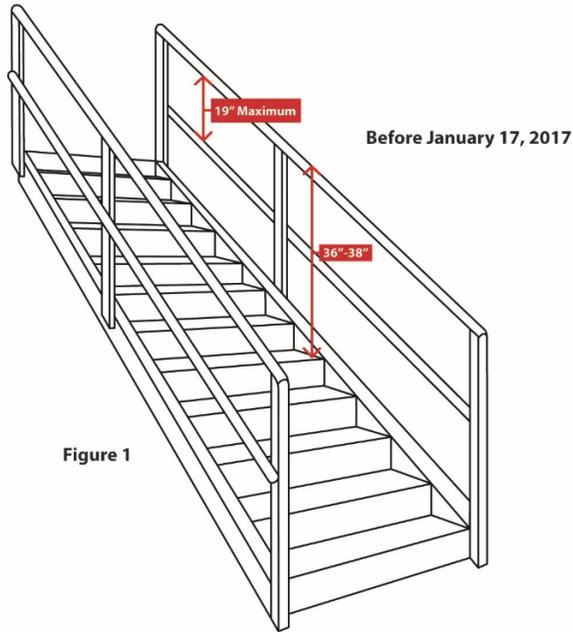


Figure 1

Rectangular Snip

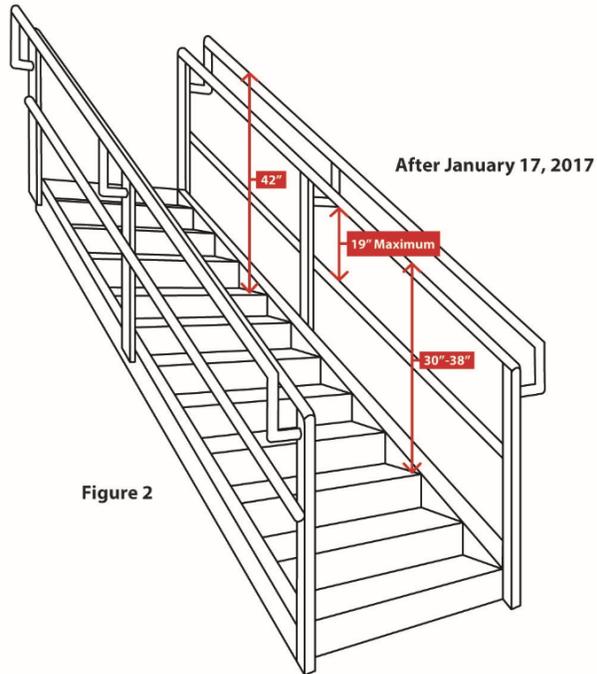


Figure 2