

## Fall Protection

OSHA requires the use of some form of fall protection when:

- a worker is working at a minimum height of 4 or 6 feet for general industry and construction respectively, or
- a worker is working at any height where there is *danger below*. For example, objects that could impale the worker are below the work surface.

### Fall Restraint vs Fall Arrest

1. A **fall restraint** system stops the worker *before they fall* by preventing the fall. This method prevents workers from reaching the fall hazard by restraining the worker.
  - Guardrail
  - PFAS with short lanyard not allowing worker to reach leading edge
2. A **fall arrest** system protects workers *after they fall* by stopping the fall. The purpose to stop the worker before they impact with the lower level.
  - PFAS with longer length lanyard, harness and fall break where worker can breach leading edge.

### Companies should consider:

- Job risk factors
- Scope of work
- Different types of protection

### Safe Work Practices:

- Utilize JSA can aid in identifying the hazards and risks associated with job tasks
- Identify and determine equipment needs. Equipment can include types of scaffolds, ladders, and safety gear. Conduct safety meetings to review safe work procedures.
- Train workers
  - On fall hazard awareness
  - How to use the equipment
  - Staying alert, aware and prepared
- Ensure all protruding reinforcing steel or other sharp objects, onto and into which employees could fall, are guarded to eliminate the hazard of impalement.
- Cover holes
- Use guardrail systems, fences, or barricades when the excavations are not readily seen to alert pedestrians and equipment operators to fall hazards
- Keep work area clean to reduce slip, trip, and fall hazards

### Falling Object Protection:

- Prevent falling objects by tethering or tying off tools and equipment when working at height
- Protect against falling objects by wearing a hard hat and other necessary PPE
- Avoid working under a load
- Stack materials in a way to prevent them from falling, collapsing or sliding