

MAJOR PROGRAM POINTS

"FALL PROTECTION IN CONSTRUCTION ENVIRONMENTS"

Part of the "CONSTRUCTION SAFETY KIT" Series

Quality Safety and Health Products, for Today...and Tomorrow

OUTLINE OF MAJOR PROGRAM POINTS

The following outline summarizes the major points of information presented in the program. The outline can be used to review the program before conducting a classroom session, as well as in preparing to lead a class discussion about the program.

- **Some of the areas where fall prevention is critical include:**
 - Climbing ladders.
 - Working on scaffolds.
 - Inspecting cables on a suspension bridge.

- **When working off the ground the right "mindset" is a must.**
 - Safety must be first and foremost in your thoughts.
 - You should scan work areas for potential hazards.

- **When working on ladders:**
 - Inspect the rungs before climbing.
 - Use the "three-point climb".
 - Keep your weight centered between the rails.

- **Working in lift buckets or other portable platforms requires extra protection.**
 - Always secure yourself with a lifeline.

- **Workers are more vulnerable when they are "on the move" above ground, so:**
 - Always watch your step.
 - Be aware of any trip hazards (remove them if possible).
 - Practice proper housekeeping.
 - Look for posted warning signs.
 - Obey restrictions regarding authorized and protected areas.

- **In elevated situations, slow reflexes can cause real problems. Don't work above ground if you are:**
 - Under the influence of alcohol.
 - Taking certain medications.
- **Complete fall protection must include at least one of the following components:**
 - Guard rails.
 - Safety nets.
 - Personal fall arrest systems.
- **Installing a "guard rail" is an effective fall prevention system.**
 - Rails can be temporary or permanent.
 - Some are fitted with screens and toe boards.
 - They must stand 39-45 inches above walking surfaces.
 - They must support a force of 200 pounds.
- **When guard rails cannot be installed, safety nets are often employed.**
 - They are commonly used on construction sites.
 - "Personnel nets" are designed to catch falling workers.
 - "Debris nets" are designed with a tighter mesh, to catch falling tools.
- **Inspect safety nets periodically to ensure that they remain in good condition.**
 - Inspections should be scheduled every week.
 - As well as after anything lands in the net.
 - Tools and materials should be removed quickly.
- **Personal fall arrest systems are comprised of three components, which work together.**
 - A full body harness.
 - A connecting device.
 - The anchor point.

- **A "full body harness" provides the most support, and distributes weight evenly over the:**
 - Shoulders.
 - Buttocks.
 - Thighs.

- **Harnesses are fitted with "D-rings" for attachment.**
 - You should always use the ring at the center of the upper back.
 - This helps the harness evenly distribute weight during a fall.

- **Once your harness has been fitted, the next step is to hook it up to a "connecting device."**
 - This links you to the anchor point.
 - The most common connecting devices are lanyards or retracting lifelines.

- **"Lanyards" are short ropes or straps.**
 - They limit your possible falling distance.
 - If they are over two feet long, they should have shock absorbers.

- **"Self-retracting lifelines" have a drum-wound line allowing a wider range of movement.**
 - A breaking mechanism quickly stops a fall.

- **Moving more than four feet from the anchor point may cause a "swing fall."**
 - This occurs when you swing back toward the anchor point.

- **Both lanyards and retracting lifelines are fitted with "snaphooks."**
 - Make sure that these hooks are locked into place before climbing.
 - This prevents a "roll out" of the hook.

- **"Anchor points" must always be secure.**
 - They should support 5,000 pounds per person.
 - Never use pipes or electrical conduits as anchors.

- **"Bosun's chairs" are often used with vertical lifelines.**
 - They are designed for when you are working off the side of a structure.
 - You must wear a full body harness when using the chair.
 - Two independent lifelines are also needed (one for the chair and one for yourself).

- **When your job requires some mobility, a "fixed lifeline" should be used. There are two types.**
 - Horizontal.
 - Vertical.

- **Horizontal lifelines:**
 - Stretch between two fixed anchor points.
 - Allow you to walk across a surface without detaching the lanyards.
 - Must be set up by qualified workers.

- **Vertical lifelines:**
 - Allow safe movement up and down.
 - Must be fitted with automatic braking devices.

- **Always inspect your fall protection equipment before you begin work.**
 - Look for frayed or broken harness straps.
 - Ensure that the D-ring is securely attached, and not bent out of shape.
 - Check for tears or missing stitches on harnesses.

*** * * SUMMARY * * ***

- **Avoiding off-the-ground accidents is easy with proper precautions.**
- **Follow all safe work practices.**
- **Practice good housekeeping.**
- **Climb ladders carefully.**
- **Use proper fall protection equipment.**

- **Inspect equipment frequently.**