

PRESENTER'S GUIDE

"FALL PROTECTION"

Part of the "SAFETY MEETING KIT" Series

OUTLINE OF MAJOR PROGRAM POINTS

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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.

- **The goal of a "fall protection plan" is to eliminate the possibility of dangerous falls.**
 - At most facilities, precautions must begin at four feet above ground.
 - In the construction industry, precautions must begin at six feet.

- **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.**
- **Follow your facility's "fall prevention plan".**