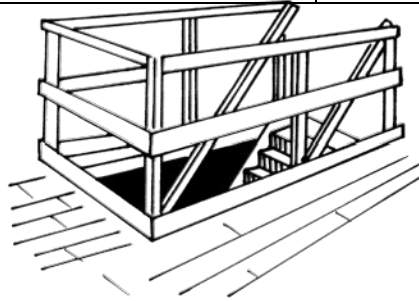
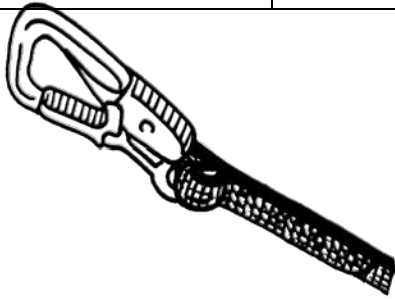
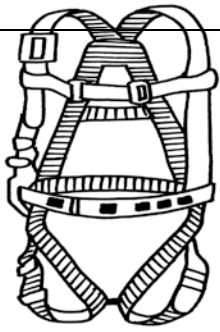


FALL PROTECTION



Falls are one of the top four causes of workplace fatalities. Fall protection covers any area at heights where there is danger of falling from a higher level to a lower level. It also includes tripping/slipping and falling on a single level such as the ground. Keeping workspaces free of debris and obstructions reduces the risk of this type of fall.

An approved safety harness with a double locking lanyard that attaches to existing permanent structures or anchorage points is required. The only exception is in the use of ladders.

Fall protection procedures are designed to keep employees safe while working in the following environments but are not limited to:

- Roofs
- Ladder
- Rail Cars
- Mezzanines
- Silos
- Work Platforms
- Catwalks
- Mobile Equipment (Scissor lift, Boom lift)

Workers who fall are at risk of the following injuries:

- Strains and Sprains
- Broken Bones
- Concussions
- Death
- Bruises and Lacerations
- Spinal Cord Injuries
- Internal Bleeding
- Suspension Trauma (hanging in harness after a fall)

FALL PROTECTION

Guardrail

Preventing an employee from falling in the first place is the safest approach to fall protection. Guardrails are generally considered the best protection system and should be used (if possible). Never climb on or stand on guardrails for any reason!

Personal Fall Arrest System

System designed to stop an employee from striking the ground or a lower level of a structure by arresting the fall.

It is made up of 4 components:

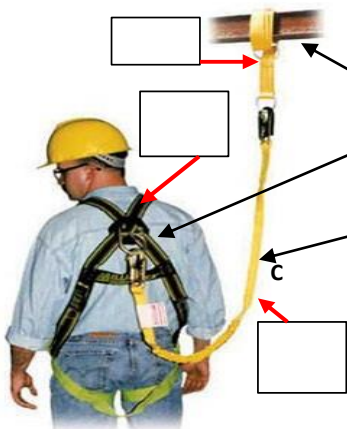
- Anchorage (a sturdy point to connect)
- Connectors (D rings, carabineers, etc.)
- Harness (a full body harness)
- Decelerator (shock absorbing lanyard or retractable lifeline).

FALL PROTECTION

The anchorage or “**tie-off**” point is where the lifeline or lanyard is attached via a connector to the structure being worked on. **Watch for any sharp surfaces!** It is better to have it located above your head. If the tie-off point is below waist level, it means you could actually fall an extra couple of feet before the personal fall arrest system starts working. This anchorage point must be capable of withstanding **5,000 lbs. of pressure**. *This is approximately the weight of a mid-size four-wheel drive pickup truck*

The following should **NEVER** be used as tie-off points:

- Guardrails/handrails
- Anchor points to which work platforms are already attached
- Electrical conduits - these present a risk of electrical discharge if they break
- Sprinkler heads or pipes



ABC's of Fall Protection

- The **Anchorage**, commonly referred to as a tie-off point, may be an I-beam, column, or other structural member.
- The **Body harness** is worn by the employee. The back D-ring is used to attach the connecting device.
- The **Connecting device** is typically a shock-absorbing lanyard. It can also be a retractable lifeline, or rope grab and vertical lifeline. It connects the body harness to the anchorage.

Housekeeping

Proper housekeeping in work and walking areas can contribute to safety and the prevention of falls. Not only is it important to maintain a safe working environment and walking surface, these areas must also be kept free of obstacles which can cause slips and trips. One method which promotes good housekeeping in work environments is the painting of yellow lines to identify working and walking areas. These areas should never be obstructed by objects of any kind.

Equipment Maintenance

In addition, you should inspect your own equipment before each use. Equipment should not be left in direct sunlight since this can discolor and weaken some materials. Store all equipment in a clean, dry place where it will not be exposed to corrosive fumes or substances. Nylon and polyester can be cleaned with soap and water. Use a clean cloth to wipe the equipment dry, then let it air dry away from excessive heat or sunlight.

Have everyone commit to put **SAFETY 1ST** and not take shortcuts.

Always use Fall Protection when needed. Before you begin a job, first consider how to do it more safely.