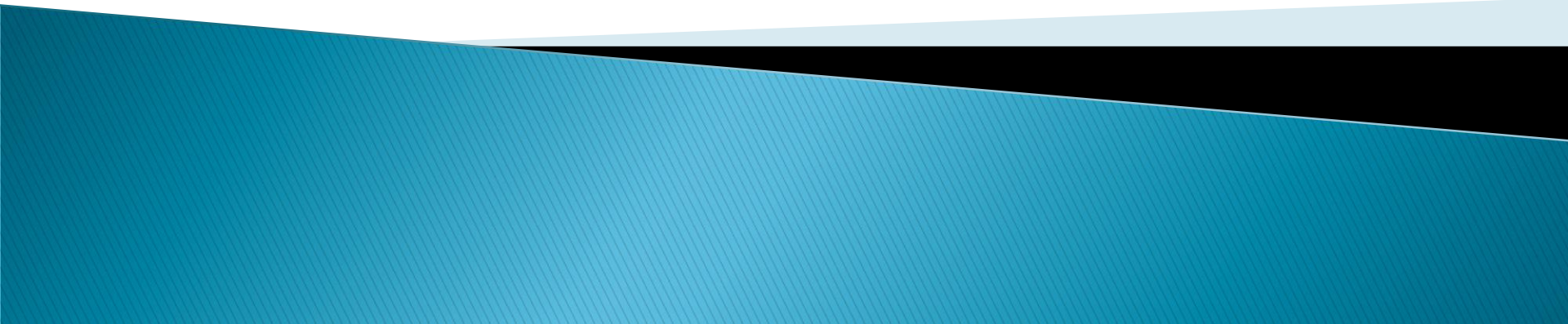


Fall Protection



Types of falls

❖ Falls from same level

- Slips
 - ✦ fluid (oil, fuel, water)
 - ✦ snow/ice
- Trips
 - ✦ scrap
 - ✦ extension cords
 - ✦ trash / debris
 - ✦ tools
 - ✦ items which do not belong
- High frequency rate
- Low injury severity rate



Types of falls

- ❖ Falls from an elevation
 - Relatively low frequency rate
 - High injury severity rate
- Must use fall protection if working \geq 4ft. off ground



Common fall protection systems

- ❖ Guardrail systems and toe boards



- ❖ Handrail and stair rail systems



Common fall protection systems

- ❖ Hole covers
- ❖ Safety net systems
- ❖ Ladder cages
- ❖ Ramps and bridging devices
- ❖ Slip-resistant floors
- ❖ Effective housekeeping

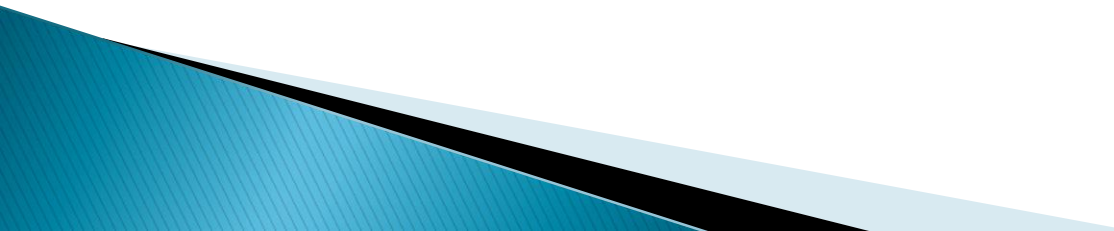


What happens during a fall?

- ❖ Person loses his/her balance

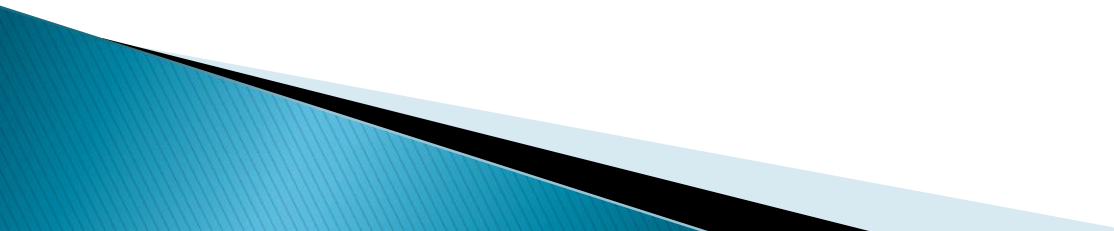


What happens during a fall?

- ❖ Free-fall velocity at impact when falling 12 feet is nearly 20 M.P.H.
 - ❖ Person hits the ground in less than one second from this distance
- 

Why falls are dangerous

Falls are dangerous because of three primary elements:

- ❖ The free-fall distance the worker falls
 - ❖ The shock absorption at impact
 - ❖ The body weight of the worker
- 

Fall Protection Requirements

- ❖ When operating, traveling or working in an aerial work platform
- ❖ Must have body harness on and be secured to the designated anchor point that can be found on the basket.



Reporting fall hazards

- ❖ When fall conditions exist:
 - Take short steps
 - Keep toes pointed out
 - Walk on the whole foot when crossing rough or slippery surfaces
 - Avoid making sharp turns
 - If you fall, protect your head and neck

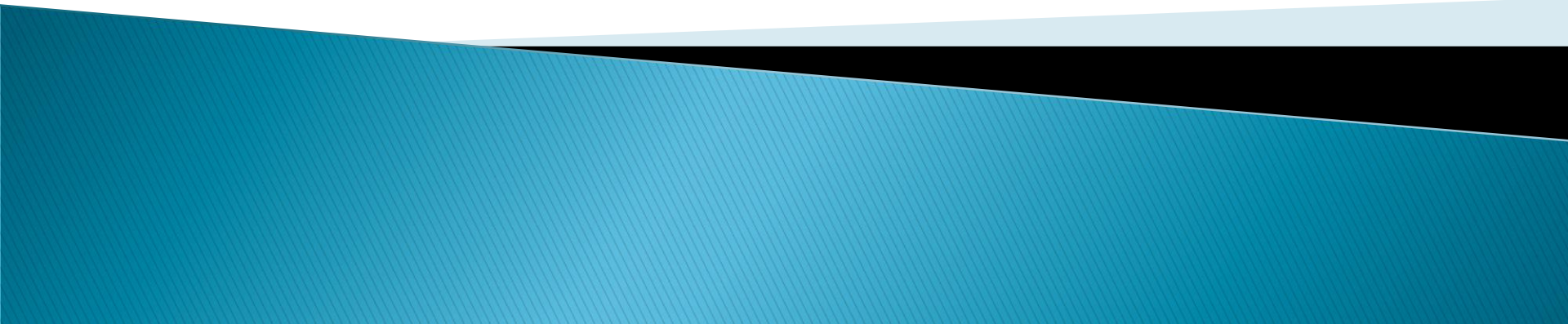


Housekeeping

- ❖ Effective housekeeping prevents falls
- ❖ Keep high work areas free from:
 - Tools
 - Materials
 - Debris
 - Liquids

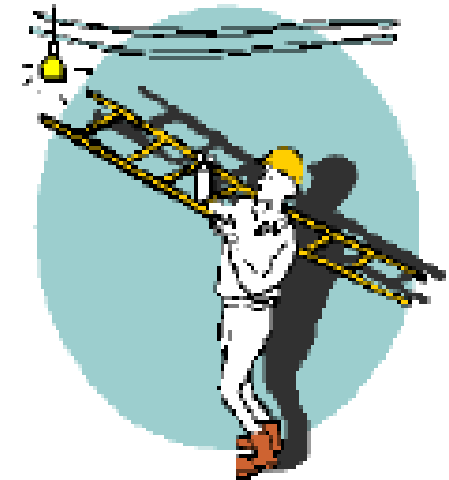


Ladders and Stairs



Hazards of ladders

- ▶ Falls
- ▶ Reaching too far
- ▶ Weather
- ▶ Oil or grease on a ladder
- ▶ Not secure
- ▶ Contact with electricity
- ▶ Objects that fall from ladders

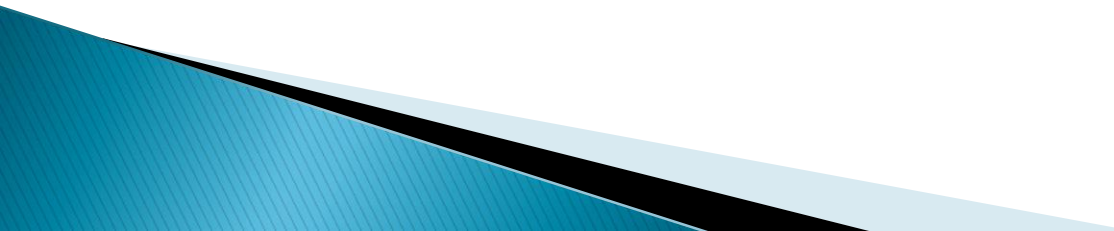


Precautions for safe ladder use

- ▶ Inspect the ladder for defects before using it
- ▶ Set up the ladder on a firm, solid surface
- ▶ Do not pull ladders out of the scrap for use



Precautions for safe ladder use

- ▶ Face ladders when ascending/descending
 - ▶ Use both hands to grip the side rails whenever possible
 - ▶ Only one person on a ladder at a time
- 

Precautions for safe ladder use

- ▶ Hoist material up to you when you've reached the top of the ladder
- ▶ Work within the side rails (Belt Buckle Rule)
 - Your belt buckle should always stay within the sides of the ladder you are on
- ▶ Store ladders in the designated areas

Hazards of stairs and catwalks

- ▶ Clutter
- ▶ Slippery surfaces
- ▶ Damage
- ▶ Poor lighting
- ▶ Unsafe work practices



Staying safe on stairs

Always follow the three point rule when climbing up, down, on, and off of the material handler.



Staying safe on stairs

- ▶ Eliminate slippery conditions
- ▶ Clean up spills
- ▶ Keep free of ice and snow
- ▶ Ensure proper lighting in stair areas



Staying safe on stairs

- ▶ Use handrails
- ▶ Always walk up and down stairs – don't run



Ways to Correct This Slips, Trips & Falls

- ▶ Regularly watch out for new slip, trip and fall hazards that can crop up and address sudden changes that can increase your workers' chances of falling on the job.
- ▶ Ask your workers if they have noticed that their balance isn't quite what it once was. If any want to speak out about changes they have noticed in their balance, encourage them to do so.
- ▶ Institute a "Stop work Policy."
- ▶ Do you make accommodations for older workers by assigning climbing related tasks to your younger workers? If not, you should consider doing so to help your older workers stay safe on the job.
- ▶ Stress the importance of wearing footwear that has plenty of tread and is in good condition. Demonstrate the difference in traction between a proper pair of safety footwear and a worn pair.