

## **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.**