

Fall Protection – Picture This



2009 **FALLS = +212,760** Workers Seriously Injured **605** Workers Killed



OSHA Rules on Fall Protection

Employers must provide **SAFE, SECURE FALL PROTECTION** where workers are exposed to falls from the following heights:

- 4'** in General Industry Workplaces
- 5'** in Shipyards
- 6'** in the Construction Industry
- 8'** in Longshore Operations

Employees working on a surface with an **Unprotected Side/Edge that's SIX FEET or more** above a lower level must use fall protection

6'+

Guardrails, Safety nets, Personal fall arrest systems

Vertical Lifelines or lanyards must have:

- 5k** a minimum breaking strength of 5,000 pounds
- be protected against being cut or abraded.

Each employee **MUST** be attached to:

- a separate vertical lifeline
- anchor points capable of supporting at least **5,000 lbs** per employee attached

Other Key Numbers

Guardrails & Handrails

Handrails must be: **30"-34"** Above the Surface

Securely Fastened to or mounted on a wall or partition

Guardrails must include:

- Top Rails **42" High**
- Posts
- Midrails

Toe Boards

Toe boards must be:

- No more than **1/4"** Clearance the above floor level
- Be Securely Fastened to joists
- At Least **4" High**

Proper Scaffolding

Scaffolds must be at least **10 FEET** from electrical power lines at all times.

Scaffolds must be structurally sufficient to support its own weight, plus **4X MAXIMUM INTENDED LOAD** without settling or displacement

Height should be no more than **4X** its minimum base dimension at that point, it should be restrained by guys, ties, or braces to prevent tipping

Safety Net

May be used up to a distance of **25 FEET BELOW** the working surface

Fixed Ladders

Cages, Safety Devices, or Self-Retracting Lifelines must be used when climb is less than 24', if the top of the ladder is more than 24' above lower levels.

Fall protection must be used when the employee's climb is **24 FEET OR GREATER**

SUPPORTED SCAFFOLDS:

- Fall protection can be either a personal fall arrest system or a guardrail system.
- Fall protection must be used on any scaffold 10 feet or more above a lower level.
- Platforms & walkways should be at least 18 inches wide.

SUSPENDED SCAFFOLDS:

- OSHA requires both a personal fall arrest system & a guardrail system.
- Platforms & walkways should be at least 18 inches wide.
- No more than a 14" gap between scaffold platform & the structure being worked on.