

# Fall Protection – Picture This



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

**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

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

Guardrails, Safety nets, Personal fall arrest systems

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, Securely Fastened in place, 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.

**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.

**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**.