Working at Heights

Toolbox Talk
What is Fall Protection?

A series of reasonable steps taken to cause elimination or control of the injurious effects of an unintentional fall while accessing or working at height.

"You weren't listening. I said, 'Don't fall.'"
Fall Protection Methods

- **Fall Prevention** - A system that will prevent a person from falling to a lower level.
  Example: Railings

- **Work Positioning or Fall Restraint** - A system that will allow the worker to approach a fall hazard and work but will not allow the worker to fall to a lower level.

- **Fall Arrest** - A system that will protect a person from crashing on to a lower level after a fall. Example: Fall Arrest Harness/lanyard
Where Do Fatal Falls Occur

• In workspaces with areas at different levels: stairs, footbridges, platforms, pits, etc.

• While working at height: on roofs, high furniture, high parts of machines, manually opening a tank truck hatch, etc.

• While using ladders, step ladders, scaffolding, etc.

• While using makeshift means of elevation: chairs, stacking various objects, storage racks, etc.
Using Fall Protection Systems

• Select fall protection systems appropriate for given situations.
• Use proper *construction* and installation of safety systems.
• Supervise employees properly.
• Use safe work procedures.
• Train workers in the proper selection, use, and maintenance of fall protection systems.
• Evaluate the effectiveness of all steps
Personal Fall Arrest Systems

- Anchorage
- Body
- Connector

- Harnesses
- Carabiners
- Lanyards
- Rope Grabs
- Beam Wraps
- Positioning
When using personal fall arrest systems:

– If you fall, the impact force to the body has to be less than 817 kg, achieved by using shock absorbing lanyards and a harness

– Minimize fall distance, the maximum free fall distance can only be 1.80 m

– There can not be any structures below in your falling distance

– Maximum weight of an individual w/tools is 141 Kg
Fall Restraint

- Fall restraint assumes the employee cannot reach the edge, they are basically on a short leash.

- If the employee can fall over the edge, then a personal fall arrest system must be used.
Planning For A Rescue

• Whenever working with the potential of hanging by a harness, a rescue plan must be in effect.

• The rescue plan must be written in the hazard analysis and employees must be trained on the plan.

• The goal is to rescue the employee as soon as possible and limit the hanging time to no more than fifteen minutes.

• Plan for a worker that is unconscious.

• Ensure all the rescue equipment in the vicinity.
• *Handbook of OSHA Construction Safety and Health second edition*, CHARLES D. REEJE, JAMES VERNON EIDSON

• *Fall from Heights-Young Workers Fact Sheet – working at heights part 1*

• *Working at heights Generic risk assessment stationery office 2009, Great Britain*

• *2001/45/EU Non-binding guide to good practice for implementing Directive 2001/45/EC*
Any Questions?

Thanks for your participation!!!