

Toolbox Talk # 11.01 – Employee Fall Protection

You can fall from any height and be seriously injured or killed. In the construction industry, when falls from heights happen, they are usually very serious. Falls from almost any height can cause serious injury or death.

Fall protection is something that keeps you from falling from a certain height. Whenever you are working six or more feet high, OSHA requires fall protection.

Guardrails

Top rails should be between 39 and 45 inches above the walking level and midrails should be located half way between the top edge of the rail and walking surface. The guardrail must be strong enough to with stand forces of up to 200 pounds.

Floor Holes

Any gap two inches or more in floors or other walking surfaces must be covered. This can be a simple piece of sturdy plywood that will support twice the weight of any worker, equipment or materials. When placing covers over open holes or gaps, write the word HOLE or COVER in large, easy to see letters and make sure the cover is securely in place.

Personal Fall Arrest System

A personal fall arrest system is specifically designed to protect you in a free fall situation. A personal fall arrest system generally has five components:

- Full Body Harness
- Lanyard
- Snaphooks
- Anchorage Point
- Knowledge of how the system works and how to take care of the equipment.

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Project: _____

Date: _____

Supervisor: _____

Company: _____

Other safety issues covered or comments from crew members:

Attendees:

Name: (please print)	Signature:	Company:
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