



Fall Protection

Falls are one of the most frequent causes of fatal accidents. In 2012, 544 U.S. workers fell to their deaths.

- Spotting fall hazards and correcting them is the best way to eliminate injuries and fatalities from falls.
- Identify all potential tripping and falling hazards before work starts. These may include unprotected floor openings or edges, shafts, skylights, stairwells and roof openings or edges.
- Inspect fall protection equipment for defects before use.
- Select, wear and use fall protection equipment appropriate for the task.
- Secure and stabilize all ladders before climbing them.
- Use ladders properly and never stand on the top rung.
- Use handrails for stability when going up or down stairs.
- Practice good housekeeping by keeping cords, welding leads and air hoses out of walkways or adjacent areas.
- Factors often involved in falls include unstable working surfaces, misuse or failure to use fall protection systems and human error. Studies show that using guardrails, fall-arrest systems, safety nets, covers and restraint systems can prevent deaths and injuries from falls.

Personal Protective Equipment to Help Prevent Falls:

- Fall-arrest systems
- Positioning systems
- Travel-restraint systems

Attitudes Toward Falls Play a Key Role in Safety

- Adhere to a written fall prevention plan.
- Identify potential fall hazards prior to each project and during daily walk-arounds. Pay attention to hazards associated with routine and nonroutine tasks.
- Eliminate the need for fall protection when possible by rescheduling, isolating or changing the task.
- Participate in general fall prevention training on a regular basis.
- Learn to identify specific fall hazards at the job site.
- Be aware of your industry's best practices and fall prevention solutions.

Possible Solutions to Prevent Falls May Include:

- Use aerial lifts or platforms to provide safer elevated working surfaces.
- Erect guardrail systems with toe boards and warning lines or install control line systems to provide workers protection near the edges of floors and roofs.
- Cover floor holes.
- Use safety net systems or personal fall arrest systems such as body harnesses.

Source: Occupational Safety & Health Administration

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

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