



Weekly Safety Meetings

Safety Training for the Construction Industry

© 2007 Safety Meeting Outlines, Inc.

Premium Membership

COMPANY NAME: _____

Library 24-32

Fall Protection

Construction workers are exposed to all kinds of potential falls on a daily basis. Despite continued education and training, falls continue to be a major cause of construction fatalities. Fall protection is required any time work is performed more than six feet above the ground. It is important for every construction worker to understand the basics of fall protection and to practice good fall prevention. Several different systems can be used to provide fall protection. Three of the most common are guardrails, safety net systems, and personal fall arrest systems.

A typical **guardrail** is usually constructed out of lumber and consists of a top rail, a mid rail, and a toeboard. These are attached to vertical posts that are spaced no more than 8' apart. The height of the top rail is 42" (plus or minus 3") and the mid rail is installed at 21". The toeboard is placed at floor level to prevent tools and materials from falling over the edge. The top rail must withstand a 200 lb. impact and the mid rail must withstand a 150 lb. impact.

The second type of fall protection is a **safety net system**. Nets must be installed as close as possible below the surface where people are working, but never more than 30' below that work surface. Mesh openings cannot be larger than 36 square inches. The openings cannot be longer than 6" on any side and the distance between the centers

of adjacent openings cannot be greater than 6". A safety net system must be able to catch a 400 lb. sand bag. Every net system must be inspected once a week. Additional requirements can be found in 29 CFR 1926.502(c).

The third type of fall protection is the **personal fall arrest system**. A personal fall arrest system consists of some combination of an anchorage, connectors, a lanyard, a deceleration device, a lifeline, and a full body harness. Each of the components must have a tensile strength of at least 5000 lbs. to meet OSHA regulations. Remember to inspect your personal fall arrest system components before and after each use. Personal fall arrest systems are becoming more and more prevalent in construction.

Most construction work can be accomplished safely using guardrail systems; however, there are times when safety net systems, personal fall arrest systems, or other fall protection systems are required or are more appropriate. If you have any fall protection questions check with your supervisor or review subpart M of the OSHA regulations starting at 29 CFR 1926.500.

.....
SAFETY REMINDER
.....

Body belts cannot be used to arrest falls!

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

REVIEWED MSDS # _____ SUBJECT: _____

MEETING DOCUMENTATION:

JOB NAME: _____

MEETING DATE: _____

SUPERVISOR: _____

ATTENDEES: _____

These instructions do not supersede local, state, or federal regulations.