



Weekly Safety Meetings

Safety Training for the Construction Industry

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Premium Membership

COMPANY NAME: _____

Library 27-11

Personal Fall Arrest Systems

We've all experienced a fall—that sudden, unanticipated, involuntary descent caused by gravity. With every fall comes the potential for severe injury or death. The fall itself doesn't hurt; it's the sudden stop at the end of a fall that can kill you. Falls continue to be a leading cause of death in the construction industry. A fall from any height can be dangerous and deadly.

Personal fall arrest systems provide excellent protection against falls. Let's consider the words themselves for a moment. "System" means that there are people, practices, standards, and pieces of equipment working together. "Fall arrest" implies that the purpose of the system is to stop the fall or bring it to an end before you hit the ground or the water below. "Personal" means that it is a system intended for one person. Although it is everyone's responsibility to protect workers from fall hazards, ultimately you are the one exposed and at risk. You must take responsibility for your safety and take the necessary action to minimize or eliminate fall hazards.

A personal fall arrest system consists of an anchorage, connectors, a lanyard, a deceleration device, a lifeline, and a body harness. Remember that a personal fall arrest system only works when all the components are in place and

properly used. If you are not sure how to use a component or whether it is appropriate for a particular situation, ask your supervisor or the qualified person on your job.

Faulty or defective fall protection equipment is dangerous because it gives you the illusion of safety when you are actually in great danger. Always inspect your equipment before each use. Never use any component that is loose, broken, frayed, worn, cracked, or damaged. Remove defective equipment from service immediately. Don't take any chances. Your life may depend on your fall protection system working perfectly.

A personal fall arrest system is necessary to stop your fall before the fall stops you. But your best bet is to prevent falls altogether. Protect yourself from trips and slips by being aware of where you are walking, avoiding unguarded floor openings, using ladders correctly, and practicing good housekeeping habits. These simple reminders can save your life.

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SAFETY REMINDER
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Don't gamble with your life.
Gravity always wins!

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.