



028: Fall Protection

Some facts

Fall-related accidents account for about 10% of all workplace fatalities.

Nearly all of the fall accidents on record were preventable.

Ways of protecting yourself include hazard elimination, fall protection, and work procedures.

Hazard elimination

The most effective way to deal with fall hazards is to eliminate them. For example, if you can lower a light to replace its lamp and then raise the light back up, you have eliminated the hazard.

Partial elimination is the second most effective way. For example, if you can pre-assemble items before going up in a lift or up on a ladder, you will spend less time being vulnerable to a fall.

Fall protection

You can't always eliminate a fall hazard, and partial elimination still leaves you with a hazard. Fall protection, as defined by the fall protection industry, is a passive way of preventing you from falling.

Fall protection examples are all around you. These include ladder cages, platform railings, and secured hole covers.

Fall restraint

This is what most people think of, when they think of fall protection.

It involves the use of a secure anchorage and a lanyard connected to your full body harness. The lanyard allows you to reach the work area, but prevents you from falling too far.

Fall restraints require you to have training in the proper use and inspection of your equipment.

Work procedures

Some situations make fall protection and fall restraint measures impractical or impossible.

The idea of changing the work procedure is not to find a cheaper way of protecting against the fall. The idea is to rethink the work process so fall protection measures become practical, possible, or unnecessary.

You may need to help change the procedure or find a way to eliminate the task completely. Your input is valuable, as you are the one doing the work.

Safety harness inspection

When using fall restraint devices, you must inspect them.

Look for fiber damage, pulled stitches, or frayed edges.

Examine D-rings, grommets, rivets, buckles, tongues, and straps.

Discussion leader duties for this session:

Obtain a fall restraint device and demonstrate its inspection and use during the discussion period.

What this Safety Talk covers:

Fall hazards and how to prevent becoming a victim of one.

Discussion notes :

