



SafetyAlert

We're Serious About Safety

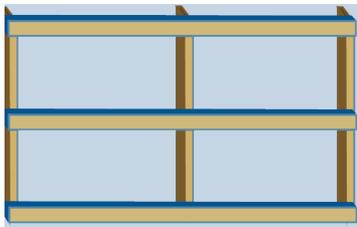
Fall Protection

Falls Kill: Falls are the top cause of construction fatalities and account for one-third of the on-the-job injury deaths in the industry. Each year over 200 construction workers are killed and over 10,000 are seriously injured by falls.

Plan Ahead: How will the job get done safely? Understand the tasks involved and what safety equipment needs to be used. Fall protection is required for anyone working in areas where the distance to the ground or another surface is more than 6 feet. *Roofing slide guards are not fall protection.*

Prevent Falls

- Wear a harness and always stay connected.
- Make sure your harness fits.
- Use guardrails or lifelines.
- Inspect all fall protection equipment before use.
- Guard or cover all holes, openings, and skylights.



- **Top Rail:** 42" (plus or minus 3") above walking/working level and support a 200 lb force
- **Mid Rail:** Installed between top rail and walking/working surface (about 21") and support 150 lb force
- **Toe Boards:** 3.5" high and support 50 lb force
- **Posts:** 8 feet centers (max)

Provide the Proper Equipment

For workers 6 feet or more above a working surface:

- Guardrails
- Safety net
- Personal fall arrest system
- Warning lines
- Safety monitoring system
- Aerial/platform lifts

Train Employees: Employers must train workers in hazard recognition and in the care and safe use of ladders, scaffolds, personal fall arrest system and all other equipment that will be used for fall protection.

PLAN ahead to get the job done safely.

PROVIDE the proper roof equipment.

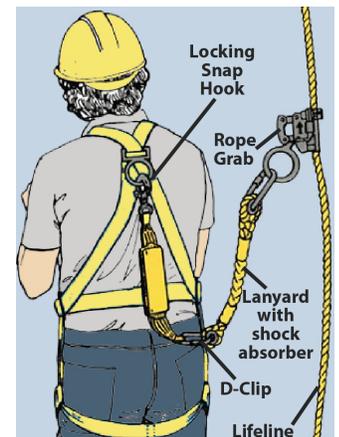
TRAIN everyone to use the equipment safely.

Personal Fall Arrest System

A personal fall arrest system comprises an anchorage, connecting device, and a full-body harness. Connecting devices might be a lanyard with snaphooks or self-retracting lifelines. Lanyards could include a deceleration device. Components must be from the same manufacturer to ensure that the system works as it should.



- Personal fall arrest system must be inspected for damage each time before use.
- Attachment location of the body harness must be in the center of your back.
- Vertical lifelines or lanyards must have a minimum breaking strength of 5,000 lbs.
- Each worker must be attached to a separate vertical lifeline.
- Anchorage must be able to support 5,000 lbs. per worker attached to it.



Images courtesy of OSHA and elcosb.com

Remember the Eight-Step Approach

1. Ensure surfaces are structurally sound.
2. Conduct fall assessment.
3. Eliminate need for fall protection.
4. Select a type of fall protection system.
5. Develop a rescue plan.
6. Implement an equipment inspection and maintenance storage program.
7. Provide fall protection training.
8. Monitor your fall protection program.



Beacon Mutual offers a variety of training opportunities for employees, supervisors and managers. Please check our seminar schedule for more information. www.beaconmutual.com

This material is being provided to you as a service of The Beacon Mutual Insurance Company for information purposes only and is not intended, nor shall it be relied upon, as a comprehensive statement of all possible work-related hazards to your employees or of the federal, state or local laws and regulations which may be applicable to your business. It is your responsibility to develop and implement your loss prevention policies. You should direct questions concerning specific situations to informed and appropriate advisors.