

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

© SAFETY MEETING OUTLINES

Box 700, Frankfort, IL 60423

815-464-0200

No. 49

Vol. 20

Week of 

Company Name _____

Job Name _____

Date _____

FALL PROTECTION

Falls continue to be the leading cause of construction fatalities. Minor falls account for thousands of strains, sprains, and broken bones. Think about what you can do to prevent falls. Keep aisles, walkways, stairs, and work areas clean and unobstructed; this includes ice and snow. Always use handrails when walking up or down stairways. Clean up spills and lubricants from work areas.

Falls from ladders are a common source of injuries. Don't overreach when working from a ladder. Face the front of the ladder when ascending or descending. Follow the 4-to-1 rule, ladders should be one rung length from the wall for every four rungs to where the ladder touches the wall.

Subpart M of the OSHA Standards requires that workers be protected from falls. Such protection can be in the form of a Guardrail System, Safety Net System, or Personal Fall Arrest System. Protection is mandatory where employees are exposed to falling 6 feet or more from an unprotected side or edge. A personal fall arrest system consists of an anchorage, connectors, a body harness, and may include a lanyard, a deceleration device, a lifeline, or a suitable combination of these. Effective January 1, 1998, the use of body belts for arresting falls will be prohibited.

Other potential fall areas can be found in hoist areas, excavations, roofing activities, and on ramps, runways, and walkways where employees need protection from falling 6 feet or more to a lower level. Remember that falls from less than 6 feet can cause injuries too. Make sure that you protect yourself from falls even when you are not required to use a formal fall protection system. Usually this means paying attention to what you are doing and where, and on what, you are walking.

The bottom line is that fall protection is a must, and formal systems are required in many instances, but you must use them to be protected. Should you have a question about fall protection ask your supervisor. See 29 CFR 1926.450 (scaffolds), 1926.500 (fall protection), and 1926.1050 (ladders & stairways) for more information.

**No one is exempt from slips, trips and falls! Watch
where you're going and be especially careful of ice.**

SAFETY REMINDER

Special Topics For Your Project _____

Employee Safety Recommendations _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____

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