

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

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Job Name _____

Date _____

FALL PROTECTION SYSTEMS

If you've ever considered *not* using a fall protection system when you work at heights, consider this—it takes half a second for your body to fall 8 feet, and only 2 seconds to fall 128 feet. So if you think you're going to be fast enough to grab onto something before you fall too far, think again! Fatal falls in the construction industry most often occur from buildings, structures, scaffolds, and ladders. You should always be aware of the potential fall hazards in your work environment. When you can't avoid being exposed to fall hazards, you can prevent injuries and death by using one of the fall protection systems available for your safety.

Anytime you are exposed to a fall of 6 feet or more, you must be protected by at least one of these fall protection systems:

Guardrail Systems: Guardrails protect you by keeping you away from edges where you could fall to a lower level. According to OSHA regulations, a guardrail must be capable of withstanding at least 200 pounds of force applied within 2 inches of the top edge. Make sure guardrails are properly constructed and placed where they're needed.

Safety Net Systems: Safety nets protect you *after* you fall. They are designed to stop the fall before you hit the surface below. OSHA requires that safety nets be installed as close as is practical under the surface on which you are working, but no more than 30 feet below. Safety nets should be inspected once a week for damage, wear, and deterioration.

Personal Fall-Arrest Systems: A personal fall-arrest system also stops you during a fall. It consists of an anchorage, connectors, and a body harness, and may also include a lanyard, a deceleration device, lifeline, or a combination of these. Personal fall-arrest systems only work if they're worn and used properly. Don't take any chances.

It's important that you follow your employer's and the manufacturer's instructions and recommendations for using all fall protection systems. Fall protection equipment must be inspected before each use. System components should be compatible with each other to be effective. Make sure you are fully trained to use all the equipment and that you know the intended use of each part of the fall protection system. Always follow safe work practices. If you have any questions about fall protection, ask your supervisor. Don't let lack of knowledge be your downfall.

SAFETY REMINDER

**Become familiar with the fall protection plan at your jobsite.
You'll need to know the rescue plan in case a co-worker falls
and is hanging suspended in a harness.**

Special Topics For Your Project _____

Employee Safety Recommendations _____

S.A.F.E. Cards® planned for this week _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____

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