

# WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES

Box 700, Frankfort, IL 60423

815-464-0200

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Week of 12/12/2022

Company Name \_\_\_\_\_ Job Name \_\_\_\_\_ Date \_\_\_\_\_

## WATCH FOR THAT SUDDEN STOP

As the saying goes, "It's not the fall that kills you, it's the sudden stop at the end." This and many other sayings remind us of the dangers of falls, and the need to protect ourselves. Despite these sayings, falls continue to be a leading cause of injury and death in the construction industry. Let's make sure that they don't cause any injuries or deaths on this job! This Weekly Safety Meeting will discuss some of the tools you can use to keep yourself from being injured in a fall.

The Occupational Safety and Health Administration (OSHA) requires all workers who are exposed to fall hazards to be trained to recognize those hazards and use a fall protection system to prevent injury or death. The three fall protection systems most commonly used are guardrails, safety nets, and personal fall arrest systems. Let's take a brief look at each of them.

A guardrail consists of a top rail, a mid rail, and a toeboard. The top rail must be placed between 39 and 45 inches above the floor surface, and must withstand a 200-lb. force in any outward or downward direction. The mid rail is located 21 inches above the floor and must withstand a 150-lb. force. The toeboard is located at floor level, and is intended to keep tools and parts from rolling off the floor and injuring others below.

A safety net system must be positioned as closely as possible to, but never more than 30 feet below, the working surface it is protecting. No opening in the net can be larger than 36 square inches (not 36 inches square). The system must be able to safely absorb the impact of a 400-lb. sandbag being dropped into it. The system must also be inspected at least once each week.

A personal fall arrest system consists of an anchorage, connectors, a lanyard, a deceleration device, a lifeline, and a **full body harness**. Body belts can no longer be used in fall arrest systems. In general each of these components must be able to withstand a force of at least 5000 lbs.

This is only a brief overview of fall protection. You can find complete information in Subpart M of OSHA's regulations starting at 29 CFR 1926.500. Remember, **your life** is at risk. Take the responsibility to learn how to recognize fall hazards and to use fall protection systems to keep yourself safe.

## SAFETY REMINDER

**The time to ask a question is BEFORE  
you have an accident, not after you're injured.**

Special Topics For Your Project \_\_\_\_\_

Employee Safety Recommendations \_\_\_\_\_

Reviewed MSDS # \_\_\_\_\_ Subject \_\_\_\_\_

Meeting Attended By \_\_\_\_\_

Supervisor's Signature \_\_\_\_\_