

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

 SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 14 Vol. 21 Week of 4/3/2023

Company Name _____ Job Name _____ Date _____

FALL PROTECTION

The duty to provide fall protection rests with the employer. But the duty to use fall protection rests with you. Falls are still one of the leading causes of serious and fatal injuries on construction sites. You must make sure a fall protection system is in place anytime you are exposed to a potential fall. OSHA's Fall Protection Standard [Subpart M, 29 CFR 1926.500 - .503] requires that employees who are exposed to falling 6 feet or more from an unprotected side or edge be protected by a **guardrail system, safety net system, or personal fall arrest system**. Let's review some of the requirements for fall protection systems. For complete details refer to the standard.

Guardrail system. A guardrail system consists of 2x4 rails (or equivalent), used to protect open-sided floors 6 feet or more above a lower level. The top rail is installed 42 inches above the floor with a midrail halfway between the top rail and the floor. Guardrails must withstand a 200 pound force in any outward or downward direction. Your co-workers' lives depend on you when you install guardrails — make sure you do the job right!

Safety net system. Safety nets are the second standard fall arrest system. If you are using a safety net system, it should be installed as close as is practical to the level of the working surface. It cannot be more than 30 feet below the working surface. The safety net system has to be able to stop you if you fall. To make sure that it can, it needs to be tested. The required test consists of dropping a 30-inch diameter sand bag weighing 400 pounds into the net. The bag is dropped from 42 inches or the height of the highest working surface protected by the net, whichever is greater. All safety net systems must be inspected at least once each week.

Personal fall arrest system. A personal fall arrest system consists of an anchorage, connectors, and a body harness; and may include a lanyard, a deceleration device, a lifeline, or suitable combinations of these. Each individual component must have a minimum tensile strength of 5000 pounds. Note that effective January 1, 1998, using body belts for arresting falls is prohibited.

No one wants to become a fall statistic. Your safety and the safety of those working around you requires that you keep fall protection in mind at all times.

The 'Assured Equipment Grounding Conductor Program' color code for April, May, and June is Green. If you use this program, test and color code all electrical cords and power tools.

SAFETY REMINDER

Special Topics For Your Project _____

Employee Safety Recommendations _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____