

Fall Protection Fundamentals

Professional downloadable safety training

TRAINING OUTCOME

Recognize common fall exposures and work-at-height hazards

AUDIENCE

Employees exposed to fall hazards

TIME

35-45 min

REFERENCE

29 CFR 1926.503 / applicable walking-working surface rules

USE NOTE

General fall-hazard instruction. Employer training must address the fall hazards and protection systems used in the actual work area and applicable industry standard.

Start with the hazard. Build the safe decision.

Use this slide to connect the topic to what employees actually see, touch, drive or do.

Recognize the exposure

Open sides/edges, floor holes, roofs, ladders, scaffolds, lifts and elevated platforms can create fall hazards.

Prevent before arrest

Guardrails, covers and other passive protection often prevent exposure.

Personal fall arrest system

Use compatible full-body harness, connector and approved anchorage/system.

ASK THE ROOM

01

Where could this go wrong here?

02

What control keeps us safe?

03

What should make us stop?

What employees should be able to do

Keep the session practical: recognize the hazard, choose the control, know when to stop.

01

Recognize common fall exposures and work-at-height hazards

02

Differentiate guardrails, travel restraint, personal fall arrest and other systems

03

Inspect and use fall-protection equipment correctly

04

Understand anchorage, clearance, swing-fall and rescue considerations

Recognize the exposure

Start with what the employee is exposed to.

- Open sides/edges, floor holes, roofs, ladders, scaffolds, lifts and elevated platforms can create fall hazards.
- The required protection depends on work type, height, industry and specific standard.

FIELD DECISION

01

Where could this fail?

02

What control do we use?

03

What makes us stop?

Prevent before arrest

Tie every point to a visible action or decision.

- Guardrails, covers and other passive protection often prevent exposure.
- Travel restraint keeps a worker from reaching the edge.
- Personal fall arrest is designed to stop a fall after it begins and requires a complete system.

FIELD DECISION

01

What changes the risk?

02

What must the employee do?

03

Who needs to know?

Personal fall arrest system

Tie every point to a visible action or decision.

- Use compatible full-body harness, connector and approved anchorage/system.
- Consider total fall clearance, free-fall distance and swing-fall exposure.
- Never anchor to an unapproved point.

FIELD DECISION

01

Where could this fail?

02

What control do we use?

03

What makes us stop?

Inspection and fit

Tie every point to a visible action or decision.

- Inspect harness/webbing, D-rings, stitching, snap hooks, lanyards/SRLs and labels before use.
- Adjust harness for correct fit and remove damaged/impact-loaded equipment from service per program/manufacture.

FIELD DECISION

01

What changes the risk?

02

What must the employee do?

03

Who needs to know?

Work practices

Tie every point to a visible action or decision.

- Maintain three points of contact where required, keep walking surfaces clear and protect openings.
- Do not climb on rails or improvise platforms.
- Control tools/materials that could fall on people below.

FIELD DECISION

01

Where could this fail?

02

What control do we use?

03

What makes us stop?

Rescue and training

Tie every point to a visible action or decision.

- Plan for prompt rescue before using personal fall arrest.
- Workers need training in the hazards and systems they will use.
- Retraining is needed when changes or performance show the worker lacks understanding/skill.

FIELD DECISION

01

What changes the risk?

02

What must the employee do?

03

Who needs to know?

These are the moments to slow down and regain control.

01

No clear approved anchorage

02

Worker cannot calculate/confirm fall clearance

03

Damaged or unlabeled fall-protection equipment

04

No rescue plan for a worker who could remain suspended

What would you do next?

Give the group 30-60 seconds before revealing the recommended response.

A worker ties a lanyard to a nearby pipe because it is “strong enough.” What is wrong?

RECOMMENDED RESPONSE

Fall-protection anchorage must be approved/designed for the system and task; workers cannot improvise anchor points based only on appearance.

DISCUSS

01

What is the hazard?

02

What control is missing?

03

What is the safest next action?

04

What is our site rule?

This is where generic training becomes your program.

Replace examples with your actual equipment, procedures, hazards and expectations.



Identify actual fall hazards and applicable threshold/standard



Show approved systems and anchorages



Demonstrate harness fit, connection and equipment inspection



Review rescue procedure and dropped-object controls

BEFORE WORK

01

Show the actual procedure

02

Show the actual
equipment/task

03

Confirm questions are
answered

04

Complete required evaluation

Can the employee apply it?

Written knowledge matters. Safe performance in the real workplace matters more.

☐ Identifies fall hazards

☐ Selects correct protection method

☐ Inspects harness/connectors

☐ Adjusts harness correctly

☐ Connects to approved system

☐ Explains clearance/swing fall

☐ Maintains safe work position

☐ Explains rescue/reporting steps

Use the included evaluation form when hands-on demonstration or workplace verification is appropriate or required.

Knowledge check 1-5

Use the printable test in the course package for employee responses.

1

Fall protection should be selected based on:

2

Travel restraint is intended to:

3

Personal fall arrest requires attention to:

4

A worker should anchor to:

5

Fall-protection equipment should be inspected:

Knowledge check 6-10

Use the printable test in the course package for employee responses.

6

Damaged or impact-loaded equipment should be:

7

A rescue plan matters because:

8

Standing on guardrails is:

9

Employees exposed to fall hazards should be trained to:

10

This course replaces site-specific fall-protection instruction.

Know the hazard. Use the control. Stop when it is not right.

- 01 Recognize common fall exposures and work-at-height hazards
- 02 No clear approved anchorage
- 03 Identify actual fall hazards and applicable threshold/standard

NEXT STEPS

- 01 Answer questions
- 02 Complete site-specific training
- 03 Complete required hands-on evaluation
- 04 Document attendance/completion

Use this package as a strong training foundation.

Always align the material to current requirements, manufacturer instructions and your own procedures.

Primary reference

29 CFR 1926.503 / applicable walking-working surface rules

Training use note

General fall-hazard instruction. Employer training must address the fall hazards and protection systems used in the actual work area and applicable industry standard.

BEFORE YOU DELIVER

- ✓ Confirm current OSHA/state-plan requirements
- ✓ Insert your procedures and equipment information
- ✓ Use qualified/competent trainers where required
- ✓ Complete practical/workplace evaluation where required
- ✓ Keep training and authorization records

<https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926.503>