

Fall Protection Fundamentals - Employee Handout

2019-01-03 / applicable walking-working surface rules

KEY DECISIONS TO REMEMBER

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.

Inspection and fit

Inspect harness/webbing, D-rings, stitching, snap hooks, lanyards/SRLs and labels before use.

Work practices

Maintain three points of contact where required, keep walking surfaces clear and protect openings.

Rescue and training

Plan for prompt rescue before using personal fall arrest.

STOP / ASK FOR HELP WHEN

- No clear approved anchorage
- Worker cannot calculate/confirm fall clearance
- Damaged or unlabeled fall-protection equipment
- No rescue plan for a worker who could remain suspended

OUR SITE-SPECIFIC INFORMATION

- 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