



Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

**TOPIC C280: FALL PROTECTION GUIDELINES (B)**

**Introduction:** Falling from heights is the leading cause of injuries and deaths in the construction industry. Fall Protection requirements are determined by the type of work you're doing and can include barriers, guardrails, harnesses, belts, lanyards, anchorages, and assorted deceleration devices. Let's look at some of the fall protection guidelines you need to know.

**Personal Fall Arrest Systems (PFAS) connections must be forged formed steel or equivalent material with a minimum tensile strength of 5000 lbs.**

- Always inspect your PFA before each use and after any fall for wear, damage, deterioration or defects
- Body belts can't be used as part of a personal fall arrest system
- Lanyards, lifelines, webbing and strength components must be made of synthetic fiber and have a minimum breaking strength of 5000 lbs
- Anchorages used for attaching PFAS must be able to support at least 5000 lbs per person attached
- When stopping a fall, PFAS can't apply more than 1,800 lbs of arresting force to your body, be rigged so that you can't free fall more than 6 ft, contact any lower level and bring an employee to a complete stop

**Positioning Device Systems (PDS)** can use body belts and must be rigged so that you can't fall more than 2 ft **Inspect your PDS** before each use, and remove any defective components from use. PDS anchorage point must support at least 3000 lbs.

**Guard Rail Systems must meet the following: requirements:**

- The top rail must be between 39 and 45 inches above the working/walking level
- Mid-rails, screens, mesh, or intermediate structural members must be installed between the top edge of the guardrail and the floor if there's no wall that's at least 21 inches high
- Mid-rails must be halfway between the top rail and floor
- Screens and mesh must cover the entire opening between the top rail and floor
- Intermediate members must be no more than 19 inches apart
- Guardrail system surfaces must be smooth to prevent puncture or laceration injuries and the snagging of clothes
- When guard rails are used around a hole, they must be placed on all unprotected sides of the hole and can't have more than 2 removable sides for passing material
- Guardrail systems used on ramps and runways must be installed along each unprotected side

**Safety Net Systems will comply with the following:**

- Safety nets will be installed as close as possible under a walking/working surface, and never more than 30 ft below the surface. When used on bridges, the area between the walking/working surface and net must be unobstructed
- Safety nets must have at least 42 inches of clearance under them to prevent contact with lower structures
- Safety nets and installations must be drop tested after installation, before being used as a fall protection system, whenever relocated, repaired, or at 6 month intervals if left in place
- Safety nets must be inspected at least once a week for wear, damage, and other deterioration
- Materials, scraps, equipment and tools that fall into the safety net must be removed as soon as possible
- Safety nets must have a border rope or webbing with a minimum 5000 lbs breaking strength
- Connections between nets must be at least as strong as the net and not more than 6 inches apart

**Conclusion:** When working at heights, protect yourself against falls by using the appropriate Fall Protection equipment. Make sure that a proper guardrail system is in place. Never latch your lanyard to railings, always clip your lifeline onto the proper anchoring system.

**Employee Attendance:** (Names or signatures of personnel who are attending this meeting)

_____	_____
_____	_____
_____	_____
_____	_____

These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.