

TOOLBOX SAFETY MEETING

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Fall Protection

In the construction industry, falls are the leading cause of worker fatalities. The U.S. Bureau of Labor Statistics reported that there were 370 fatalities resulting from falls at construction sites in 2016.

What can you do to reduce falls? Any time you reach or exceed a height of 4 feet in general industry workplaces, 5 feet in shipyards, 6 feet in construction workplaces and 8 feet in longshoring, you must use fall protection.

There are two types of fall protection – Fall Restraint and Fall Arrest

- **Fall Restraint** keeps you from reaching an unprotected “fall” point. This can include such items as guardrails, safety net, parapet wall, flagging or floor opening covers. It can also consist of a personal fall restraint system.
- **Fall Arrest** stops you from falling. This can include a full body harness, lanyard or rope grab, lifeline and a sound anchor point, which are designed to “catch” workers after they have fallen.

Make sure you can recognize the hazards of the fall situation you are in and the procedures you must follow to minimize the hazard.

Ladder Safety:

- Maintain three points of contact.
- Place the ladder on level footing.
- Always face the ladder.
- Don't overreach.
- Select the right ladder for the job.
- Ensure an extension or straight ladder extends at least 3 feet above the point of support.
- Don't stand on the three top rungs of a straight, single or extension ladder.

Scaffold Safety:

- Verify inspection by a competent person before use.
- Don't climb over cross braces.
- Don't stand on guardrails.
- Don't use a ladder on a scaffold.

Roof Safety:

- Always stay connected/tie off.
- Ensure that all anchor points are safe.
- Protect all holes, openings and skylights.
- Assess wind speed, wet, frosty and snowy surfaces

The safety information provided in this Toolbox Talk is for informational purposes and should not be considered a complete resource on this topic, nor does it supersede any applicable local, state or federal statutes or regulations. The material contained has been compiled from sources believed to be accurate. Tradesmen International assumes no responsibility for the accuracy of this information and encourages expert consultation on this topic for more information.

Employee Name: _____

Location: _____

Employee Signature: _____

Date: _____