



Fall Protection

Safety Tips



Use the right ladder for the task and if using a fixed ladder, use a body harness with D-ring



Do not travel up or down the ladder with tools in hand



Parapet walls should be 39" or higher to be adequately used as fall protection



Temporary railing can be used when there is no existing parapet wall



When working on a flat roof there must be a warning line 6' from the edge with a monitor



A rope grab can be secured and used when working on suspended unit or ladder



When scaffolds are used, they should be erected, inspected and dismantled by a competent person



Any work done from an aerial lift requires the worker to be tied off with a fall arrest system

Fall protection should be utilized any time work is being done six feet above a lower level



Fall Protection training guide

Below are questions and talking guides for fall protection

When to use

When should a worker have some sort of fall protection?

Fall protection should be used any time work is being done six feet above a lower level

Scaffold

In order to erect, inspect, or dismantle scaffolding what must a person be designated?

A competent person

Tool handling

Should tools be carried in one hand while ascending or descending a ladder?

No: Tools should either be strapped onto the worker or pulled up and lowered once worker is off the ladder leaving hands free to hold onto the ladder

Parapet

How tall must a parapet wall be?

A parapet wall must be at least 39" tall to be considered adequate fall protection

Conclusion:

It is important to always stop and think through any work at heights. Make sure the adequate protection is provided and used. If the appropriate fall protection is not available wait to do the work until it is acquired.