

## **Toolbox Meeting**

**Topic: Fall Protection**

**By:**

**Date:**

The fatal injury rate for the construction industry is higher than the national average for all industries. Every year more than 300 workers are killed and 100,000 workers are injured as a result of falls. There are numerous locations onsite where falls can occur: ladders, elevated floors, equipment, and openings.

1. 100% fall protection is required when you are exposed to a fall of six feet or more
2. Select the appropriate fall protection system for your work
  - a. When possible, protect all employees in the area by installing hole covers or guardrails before relying on personal fall arrest systems
3. Hole covers
  - a. Make sure the cover will hold two times the weight of the employee, material, or equipment that will be placed on the cover. If one dimension of the opening is less than 18", it is typically acceptable to use ¾" plywood. Otherwise use two layers of ½" plywood or 2" lumber. If you're not sure, ask.
  - b. Mark all covers with the word "HOLE"
  - c. Make sure all covers are secured
  - d. Don't store material or equipment on a hole cover
4. Guardrails
  - a. Install top rail at 42" to 45" and mid rail at 21"
  - b. Make sure the top rail can support a lateral load of 200 pounds
  - c. Install toe boards at all locations above walk paths or other workers
5. Personal fall arrest systems
  - a. Make sure that the harness fits correctly:
    - i. Adjust the harness so that the D-ring is positioned in the center of your back. You should be able to reach the ring with your thumb.
    - ii. Tighten the leg loops until there is only enough slack for four flat fingers
  - b. Inspect the equipment for wear or damage before putting it on. If equipment is damaged, put a tag on it and remove it from service.
  - c. Tie off to anchor points that can support 5,000 pounds. If you're not sure, ask.
  - d. If overhead anchor points are not available, talk to your supervisor before tying off at your feet.