**Toolbox Meeting**

**Topic: Fall Protection**

1. Fall protection is required when exposed to a 6 foot or greater fall.

Examples of when and where fall protection is required:

a. Roofs

b. Suspended stages

c. Scaffolds

d. Ladders when used near shafts, over a guardrail, or adjacent to stairs

e. Formwork

f. Edge of slab

g. Wall openings

h. Aerial lifts where a tie-off point is available or is required by the manufacturer.

2. Fall protection systems may include a guardrail system, safety net, personal fall arrest system, hole covers, or fall restraint system.

3.   You must receive training before using a harness, lanyard, or other type of fall protection system. If you have not received training or do not understand how to use your equipment, ask your supervisor.

4.   Inspect your fall protection equipment before each use. Never use damaged equipment.

5.   When storing your harness, lanyard, and other fall protection equipment, hang it in a secure location. Do not put it in the bottom of a gang box or anywhere else it can get damaged.

6.   Anchorage points must be able to hold at least 5,000 pounds per person attached. Ask your supervisor if you’re unsure about an anchorage point.

7.   Minimize free-fall distance by placing your anchorage above you. Make sure you cannot contact a lower level in the event of a fall. Maintain at least 18 ½ feet of free fall distance when using a shock absorbing lanyard.

8.   Side “D” rings are for positioning only (restricts fall to 2 feet or less).

9.   The rear “D” ring in the back is to be connected directly to a lanyard or self-retracting lifeline for 100% fall protection. Generally, back “D” rings can only have one snap hook attached to them at a time and should be positioned between your shoulder blades.

10. Be familiar with the fall rescue plan for your assigned task. If you are not familiar with it, ask your supervisor.

11. Do not remove a guardrail without permission from the Superintendent.

**B. Guardrails:**

1. Top rail must be able to withstand 200 pounds of downward/ outward force and must be 42” to 45”.

2. The opening between the top rail and the mid rail cannot be more than 19” and the mid rail must be 21” high.

3. The toe board must be 3 ½” high and must be able to withstand 50 pounds of force.

4. The posts must be spaced 8 ft apart.

**C. Hole Covers**

1.   All holes or openings 2 inches or more in their least dimension, in a floor, roof, or other walking or working surface will be provided with a cover, guardrail, or equivalent protection.

2.   Avoid driving over any hole cover with equipment.

3.   Placement of Covers

a. Covers must be cleated, wired, or otherwise secured so they cannot be displaced horizontally beyond the hole.

b. Openings large enough for a person to fall through must have covers secured using fasteners or other equivalent protection to keep people from inadvertently picking up the cover.

c. Hole covers must be labeled. At a minimum, hole covers will be labeled “HOLE: DO NOT REMOVE”.

d. Openings that present a fall-through hazard must be labeled with our standard sign or stencil indicating a floor, roof, or wall opening.

e. Hole covers must extend adequately beyond the edge of the hole.

f. Covers must be able to support 2 times the maximum intended load. This includes personnel walking or working in the area, equipment, tools, and material.

4.   Do not remove a hole cover without permission from the Superintendent.

a. If you remove or alter a hole cover to perform work, you are responsible to protect the fall exposure prior to, during, and after work is completed. Never leave an open hole unattended.

**D.  Self Retracting Lifelines (SRL)**

1.   Connect the SRL directly to the “D” ring on your back.

2.   Avoid swing fall exposures by positioning the SRL properly.

3.   Read the SRL warning label to determine the proper use of the device in a vertical or horizontal position.

4. Make sure that the harness fits correctly and inspect the equipment before use.

5. Tie off to anchor points that can support 5,000 pounds.