

Lesson: Fall Protection Part I

- Lesson Objectives:**
- Discuss the historical progression of fall protection safety in the workplace
 - Define OSHA's fall protection rule and explain the employer's responsibility to provide fall protection.
 - Outline OSHA's fall protection training program requirements
 - Identify the potential risks and activities where fall protection is needed
 - Select applicable prevention methods for specific fall hazards

- Topics:**
- Protection Overview
 - OSHA's Standards
 - Fall Protection Coverage

Topic: Protection Overview

This topic sets the stage for the need for fall-protection programs. It provides a historical perspective of fall protection and cites serious employer violations. Having completed this topic, you should be able to:

- Describe the history of fall protection
- Discuss cited serious violations

Topic summary:

Please take a moment to review these major points before you continue with the next topic.

- The earliest support systems were ropes, harnesses, and knots used in sailing, trimming trees, and cave rescue.
- In 1952 a 1800-pound fall protection equipment force limit was established.
- The 1975 ANSI standards stated that where anchorage points were "natural and convenient, then tying-off is the answer."
- By 1986 OSHA had proposed fall protection standards for a number of industries, including construction.
- In 1994 OSHA published a Final Rule for Fall Protection that established a trigger height of six feet.

Topic: OSHA's Standards

This topic introduces OSHA's current fall protection standards and explains the employer's responsibilities for safeguarding its employees from hazards. Having completed this topic, you should be able to:

- State OSHA's fall protection rule
- Discuss the human and equipment-related issues for the rule
- Explain the employer's responsibility to provide fall protection for employees
- Identify employers' fall protection options
- Determine the steps employers' must take to address fall protection
- Define the objective of the fall protection training program
- Outline the areas of employee training
- Determine the circumstances when employees need retraining

Topic summary:

Please take a moment to review these major points before you continue with the next topic.

- OSHA's rule states that employers must initiate a safety procedure when workers are exposed to a fall hazard of six feet or more.
- The rule deals with both human and equipment-related issues such as the need to know when protection is required and the proper installation of safety systems.
- Safety monitoring systems, guardrails, warning lines, and safety nets are a few of the many options employers have for protecting employees.
- Employers' steps to provide a fall protection plan are to (1) assess the workplace, (2) select a method, and (3) consider special occupations.
- The goal of OSHA training is to enable employees to recognize and minimize hazards.
- Fall protection training covers these areas: knowledge, performance, procedures, and roles.

Topic: Fall Protection Coverage

This topic covers the requirements of the standards and sets the criteria and practices for a fall protection system. Having completed this topic, you should be able to:

- Recognize the risks and contributing factors of fall hazards
- Identify activities for which fall protection is needed
- Discuss the fall protection methods required for different activities

Topic summary:

Please take a moment to review these key points before you continue with the next topic:

- Constant awareness of and respect for fall risks is important for all workers exposed to working at an elevation.
- OSHA has designated specific areas or activities where fall protection is needed. These include, but are not limited to:
 - Ramps, runways, and other walkways
 - Unprotected sides and edges
 - Excavations
 - Overhand bricklaying and related work
 - Hoist areas

- Roofing work
- Dangerous equipment
- Pre-cast concrete erection
- Holes
- Wall openings
- Formwork and reinforcing steel
- Residential construction
- Leading-edge work
- Other walking/working surfaces