

TOOLBOX TALK

Fall Protection



Why Fall Protection Matters

- Falls are the leading cause of fatalities in construction, accounting for about one-third of all fatalities in the industry.
- Falls are also a leading cause of injuries.
- Accidents involving falls generally involve a variety of factors and causes – being as safe as possible on the job is critical!

If You'll be Working at Height, Make Sure you Have Fall Protection

- The threshold for general fall protection is 6 feet. (Subpart M)
- If you're working on a scaffold, the height requirement for fall protection is 10 feet. (Subpart L)

Following are some of the key provisions of Subpart M Related to BAC Projects:

Duty to Have Fall Protection (Subpart M, Section 1926.501)

- The employer shall determine if the walking/working surfaces on which its employees are to work have the strength and structural integrity to support employees safely. (501(a)(2))
- Each employee on a walking/working surface (horizontal and vertical surface) with an unprotected side or edge which is 6 feet (1.8 m) or more above a lower level shall be protected from falling by the use of guardrail systems, safety net systems, or personal fall arrest systems. (501(b)(1))
- Each employee on walking/working surfaces shall be protected from falling through holes (including skylights) more than 6 feet (1.8 m) above lower levels, by personal fall arrest systems, covers, or guard-rail systems erected around such holes. (501(b)(4)(i))

Fall Protection Systems Criteria and Practices (Subpart M, Section 1926.502)

Employers shall provide and install all fall protection systems required by this subpart for an employee and shall comply with all other pertinent requirements of this subpart before that employee begins the work that necessitates the fall protection. (502(a)(2))

- Fall protection systems include:
 - Guardrail systems (502(b))
 - Safety net systems (502(c))
 - Personal fall arrest systems (502(d))

Training Requirements (Subpart M, Section 1926.503)

- The employer shall provide a training program for each employee who might be exposed to fall hazards. The program shall enable each employee to recognize the hazards of falling and shall train each employee in the procedures to be followed in order to minimize these hazards. (503(a)(1))
- The employer shall assure that each employee has been trained, as necessary, by a competent person qualified in the following areas (503(a)(2)):
 - nature of the fall hazards (503(a)(2)(i))
 - correct procedure for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used (503(a)(2)(ii))
 - The use and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, controlled access zones, and other protection to be used. (503(a)(2)(iii))

Fall Protection Plan (Subpart M, Appendix E)

- The plan is designed to enable employers and employees to recognize the fall hazards on this job and to establish the procedures that are to be followed in order to prevent falls to lower levels or through holes and openings in walking/working surfaces.

Dos

If you're working at a height 6 feet or greater, or on a scaffold 10 feet or higher, make sure you have an appropriate and functional fall protection system available.

- **Active Systems:** These require active engagement by the worker. Examples include personal fall arrest systems, positioning systems, and travel restraint systems.
- **Passive Systems:** These operate automatically without worker intervention. Examples include guardrails, safety nets, and warning lines.

Make Sure You're Comfortable with Your Level of Training

Your employer must provide necessary training and follow all OSHA standards. The general contractor/Employer can go above and beyond the OSHA requirements, (i.e., fall protection 100% of the time), but not below.

Don'ts

- Use or access a walking or working surface that does not have the necessary strength and structural integrity to safely support you and your colleagues.
- Perform work at height without appropriate fall protection.

What are three things we can do to make sure we're safe today?



SIGN-IN SHEET



This toolbox talk was developed for
the 2024 National Safety
Stand-Down to Prevent Falls in
Construction



1)	9)
2)	10)
3)	11)
4)	12)
5)	13)
6)	14)
7)	15)
8)	16)

Supervisor Signature _____ Date _____