

SAFETY STAND-DOWN

FALL PROTECTION GUIDE

4' or more
you are at risk of a fall

6' or more
fall protection must be provided

National Fall Statistics

Falls were the leading cause of construction deaths in 2022.

Falls
40%

Falls – 423 out of 1,056 total deaths in construction in CY 2022 (40%)

How Long Does It Take a Person to Fall?

Time (seconds)

Time (seconds)	Distance (feet)
0.5	4
1	16
1.5	36 ft.
2	64 ft.
2.5	100 ft.
3	144 ft.
4	256 ft.

Distance (feet)

3 Major Types of Fall Hazards in Construction

- ◆ Bridge
- ◆ Unprotected structural steel & leading edges, roof edges, floor openings
- ◆ Unsafe portable ladders

Protection from Fall Hazards Starts with...

1 Elimination of Hazard



Remove the hazard



Change method/
process



Improve controls

2 Administrative Controls

NEW WORK PRACTICES

Reduce risk of falling from heights



WARNING SYSTEMS

Warn workers how to approach a hazard



Train workers to recognize hazards

3 Prevention of Hazard



Plan

&



Communicate

THEN
INSTALL

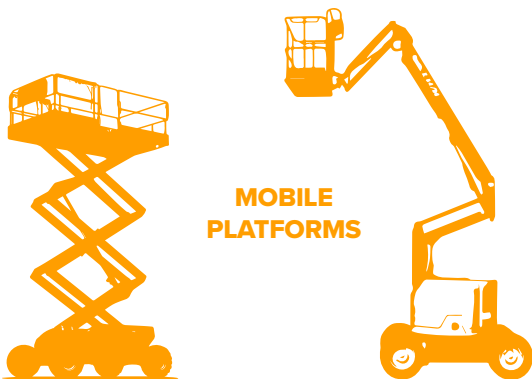


Guardrails



Covers

4 Safe Work Platforms



MOBILE
PLATFORMS

Scissor & aerial lifts
are safe & reliable

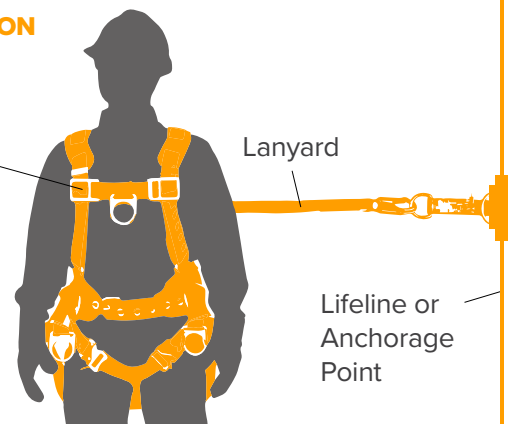
5 Personal Protective Equipment

FALL PROTECTION

Full body
harness

Lanyard

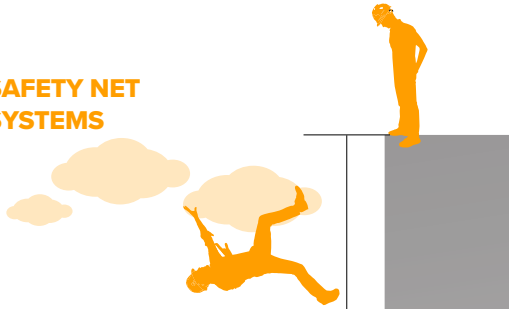
Lifeline or
Anchorage
Point



Protection from Fall Hazards

1 Equipment

SAFETY NET SYSTEMS



Never more than 30 ft. below working area

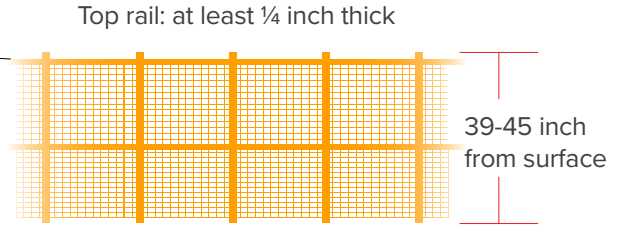
Border rope weight must be a minimum strength of 5,000 lbs.

Absorb the force of a 400 lbs. drop test

- ◆ Inspect each week for damage
- ◆ Extend outward a sufficient distance
- ◆ Remove items in net as soon as possible

GUARDRAIL SYSTEMS

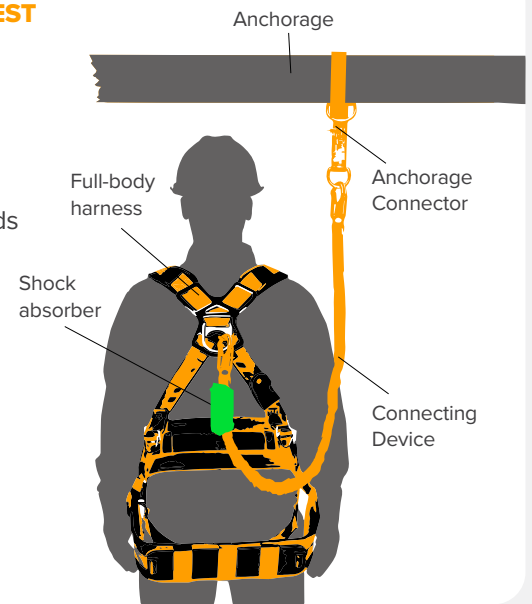
Smooth enough to protect from cuts and cloth snags



- ◆ Wire rope flagged every 6 ft.
- ◆ Top rail must withstand at least 200 lbs. of force
- ◆ Mid-rail must withstand 150 lbs. of force
- ◆ Screens are installed in place of a toe board

PERSONAL FALL ARREST

- ◆ Required when exposed to fall hazards of 6 ft. or more
- ◆ Required when working in a bucket truck or boom lift



2 Safe Ladder Use

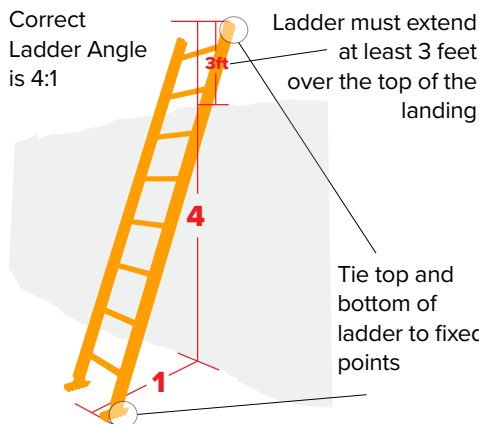
CHOOSE CORRECT LADDER



Extension

CORRECT LADDER ANGLE

Correct Ladder Angle is 4:1



- ◆ Don't carry tools in hand while climbing or descending (install a pulley, use a tool belt, or tie a rope around materials)

- ◆ OSHA requires 3 points of contact when ascending or descending a ladder



What My Employer is Required to Do to Protect Workers from Falls:

	YES	NO
Provide Fall Protection	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ensure Proper Scaffold Erection	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ensure Safe Ladder Selection and Use	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Conduct Worksite Maintenance	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Provide Training and Inspections	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Log On to Get Your Free Safety Tool Kit



5 fall-related toolbox talks to share with your crews

HCSS Safety for a safer jobsite

[More Details](#)

Contact Us

hcss.com | 800-683-3196