

SAFETY FOCUS

FALL PROTECTION

Falls are among the most common causes of serious work-related injuries and deaths. Falls generally occur when employees are working at an elevated height and are not adequately protected. Examples include employees working on elevated work surfaces, ladders, stairs, scaffolds, aerial devices, catwalks and walkways.

WHO: Supervisors and employees must take measures in their workplaces to prevent falls from overhead platforms, elevated work stations or into holes in the floor and walls.

WHAT: Fall protection is the use of controls designed to protect personnel from falling or, in the event they do fall, to stop them without causing severe injury. Typically, fall protection is implemented when working at a height of 4ft or greater, but may be relevant when working near any edge, such as near a pit or hole, or performing work on a steep surface.

To prevent employees from being injured from falls, employers must:

- Develop and implement a fall protection program
- Provide training on the fall protection program
- Evaluate the program on a regular basis to insure the program's effectiveness

WHEN: Any worker on a walking/working surface (horizontal and vertical surface) with an unprotected side or edge which is greater than the applicable OSHA Standard (4 feet) above a lower level, shall be protected from falling by the use of a guardrail system or personal fall arrest system.

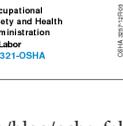
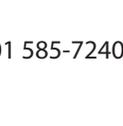
WHY: Fall protection is needed because even employees who are experienced working at heights can lose their balance or grip. A slip, trip, or fall can happen at any time. We may think that our reflexes will protect us, but we are falling before we know it. And we do not have to fall far to get hurt..

HOW: Training on the University Fall Protection Program can be found: <https://utah.bridgeapp.com/learner/courses/54e529de/enroll>



OSHA QUICK CARD

Fall Protection Tips

- Identify all potential tripping and fall hazards before work starts. 
- Look for fall hazards such as unprotected floor openings/edges, shafts, skylights, stairwells, and roof openings/edges. 
- Inspect fall protection equipment for defects before use. 
- Select, wear, and use fall protection equipment appropriate for the task. 
- Secure and stabilize all ladders before climbing them. 
- Never stand on the top rung/step of a ladder. 
- Use handrails when you go up or down stairs. 
- Practice good housekeeping. Keep cords, welding leads and air hoses out of walkways or adjacent work areas. 

For more complete information:
OSHA Occupational Safety and Health Administration
U.S. Department of Labor
www.osha.gov (800) 321-OSHA

<https://www.fallprotectionsystems.com/blog/osha-fall-protection-tips/>