

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 and materials out of walkways or adjacent work areas.
- Report all hazards immediately – **STOP** the job if necessary.



Scissor and Boom Type Work Platforms

Scissor Lifts: OSHA does not require personal fall protection equipment for scissor lifts if the safety chain/gate is secured and the railing is intact.

Exception(s):

- 1). Our clients may require personal fall protection when in a scissor lift. Always check before starting work
- 2). If there are any missing or damaged sections of railing, fall protection must be utilized.

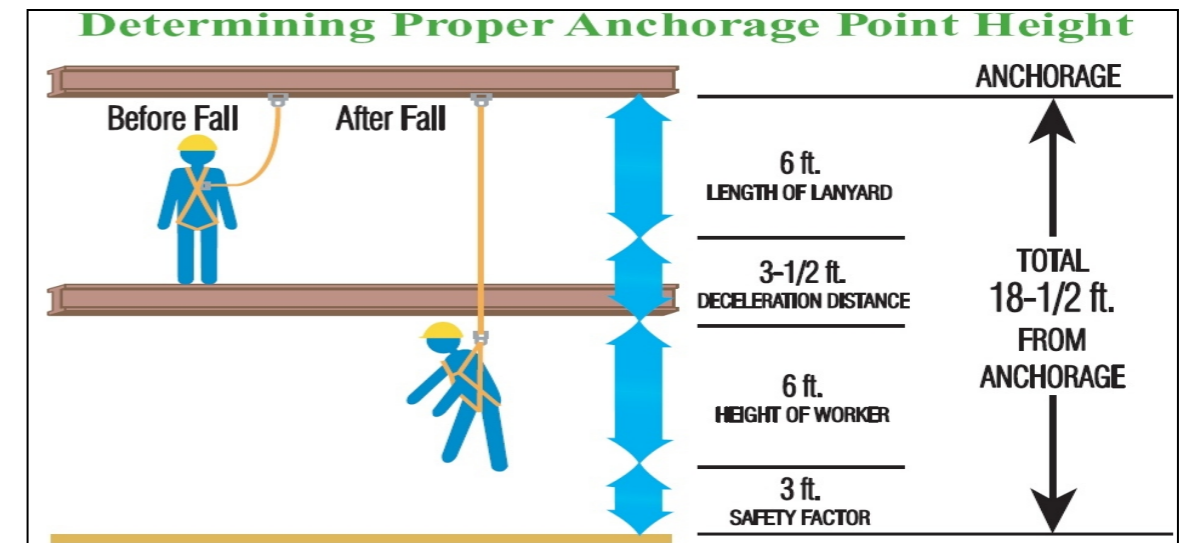
Boom Lifts: OSHA requires that personnel working in boom lifts utilize “Ejection Protection”. This type of protection ensures that personnel working from the basket cannot be ejected. Retractable and positioning lanyards will be used for this purpose (Do not use shock absorber or tire back lanyards in a boom lift).

OSHA States: When a restraint system is used for fall protection from an aerial lift or a boom-type elevating work platform, the employer must ensure that the lanyard and anchor are arranged so that the employee is not potentially exposed to falling **any** distance.

Fall Protection Reminders

Anchorage are used for attachment of personal fall arrest equipment shall be independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,200 pounds per employee attached.

Shock Absorber or Tie Back Lanyards are time tested devices that when properly setup, will provide protection in a fall situation. When using these types of lanyards, extra care must be taken to calculate fall distances. (See Graphic Below)



Retractable (YoYo) automatically limit free fall distance to 2 feet or less and are preferred over traditional lanyards at Meiners' Electric due to their flexibility. Traditional lanyards should only be used when retractables are not available. When using a retractable, always stay aware of your swing distance (anchorage point to harness connection)

Positioning devices shall be rigged such that an employee cannot free fall more than 2 feet and shall be secured to an anchorage capable of supporting at least twice the potential impact load of an employee's fall or 3,000 pounds, whichever is greater.

Rescue

When planning work requiring the use of a full body harnesses, care must be taken to identify rescue procedures for workers. In the event of a fall where an employee is caught by his personal fall protection equipment, measures must be taken to immediately and safety bring the employee back to solid ground.

Following a fall, Orthostatic intolerance may be experienced by workers using fall arrest systems suspended in a harness. The sustained immobility may lead to a state of unconsciousness. Depending on the length of time the suspended worker is unconscious / immobile and the level of venous pooling, the resulting orthostatic intolerance may lead to death.

NOTE: Reasonable care has been taken in preparing this document and the information provided herein is believed to be accurate. However, this information is not intended to constitute an "authoritative resource"