

# FALL PROTECTION BASICS

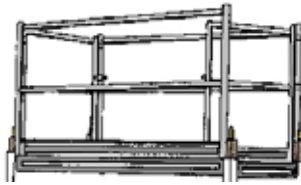


- ⚠ In 2007, there were over 3500 construction site falls and 442 deaths. Each year, 100,000 injuries and deaths are attributed to workplace falls.
- ⚠ It takes .61 seconds to fall 6 feet, and you will hit the ground or the next level at 13.3 mph.
- ⚠ OSHA REGULATIONS: Height at which fall protection is required  
 Construction - 6' (Standard 1925.50) - Scaffolding 10'  
 Steel Erection - 15' (Std 1926.750)
- ⚠ Regulation can be met with:

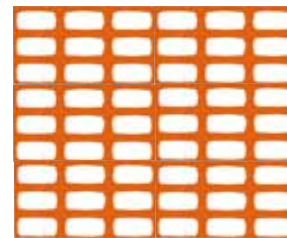
A. Fall Arrest System





B. 42" Guard Rail

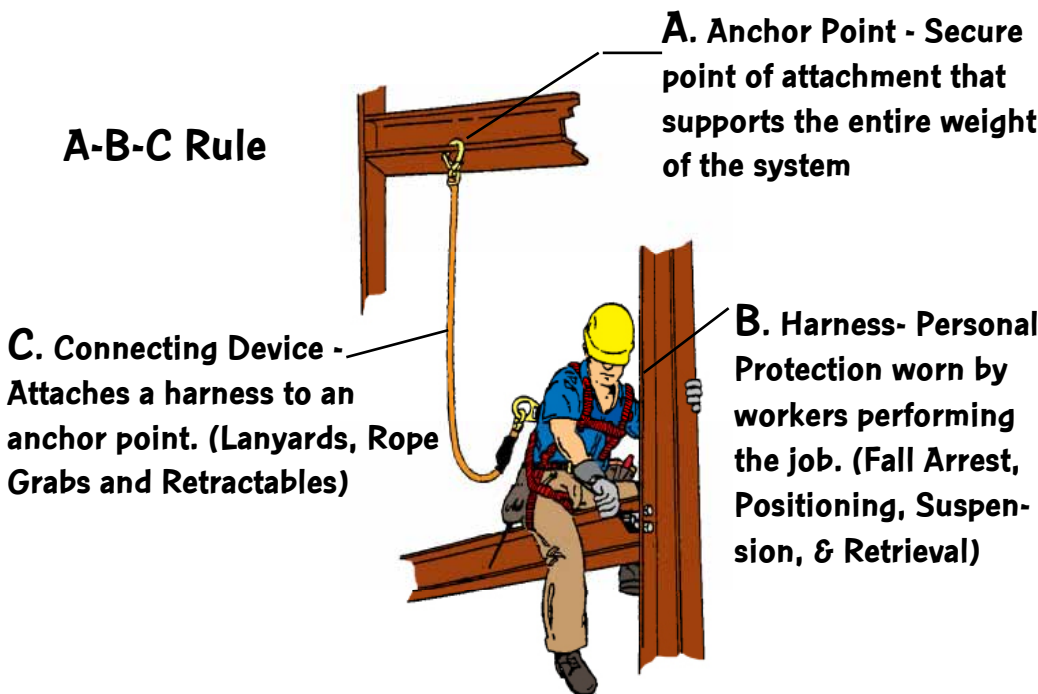


C. Safety Net



- ⚠ Each component of the system must support 5,000 lbs.
- ⚠ With a personal fall arrest system, the fall must be limited to 6'.
- ⚠ Only double locking snap hooks are permitted 
- ⚠ Shock absorbing lanyards which can stretch 3.5' to slow a fall. 
- ⚠ Maximum permitted load on fall victim is 1,800 lbs. 1,800 lbs will hurt! A properly used shock-absorbing lanyard will lower the impact to under 1,000 lbs. A retractable lifeline will lower impact even more.

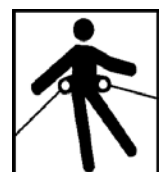
## A-B-C Rule



## FOUR TYPES OF FALL PROTECTION



Fall Arrest



Positioning



Retrieval



Suspension

