

# Fall Protection

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## THE FACTS

- Falls from heights are the leading cause of on the job construction fatalities
- Fall protection is one of OSHA's most frequently cited standards
- The main factors that make falls more likely in construction are:
  - The “edges” where falls can occur are constantly changing
  - The jobsites are constantly changing and workers are mobile

## WHAT IS FALL PROTECTION?

- Fall protection is a concept that describes systems, processes, procedures, equipment, and regulations used to protect employees from falls and reduce the risk of falling
- OSHA regulates and enforces fall protection for construction companies
- OSHA requires fall protection systems for any work six feet or higher; this regulation includes work on ladders
- Fall protection systems include:
  - Fall prevention or restraint systems such as guardrails and harnesses, hole covers and barricades
  - General fall arrest systems such as safety nets and catch platforms
  - Personal fall arrest systems (PFAS) such as harnesses and positioning devices
- OSHA has specific requirements for the design and specifications of each of the above types of fall protection

## TEST YOUR KNOWLEDGE – *True or False?*

1. The best way to control falling hazards is through fall prevention.
2. Fall protection is required in the construction industry for any work six feet and higher.
3. I don't need to use fall protection if I am working on a ladder, even if it is above six feet.