

## FALL PROTECTION



According to OSHA statistics, nearly 40 percent of construction-related deaths are related to falls. In 2015, the Fall Protection Standard was OSHA's most cited standard. By implementing proper fall protection measures, employers can protect their employees and reduce risk. OSHA provides [fall protection standard details](#) for a wide variety of specific situations, but having a trained professional available to assist with standards interpretation and implementation is required.

To prevent fall-related injuries, it is recommended that you:

- ▶ Cover or place a guard rail and toe board around every floor hole a worker could accidentally walk into.
- ▶ Place a guard rail and toe board around every elevated, open-sided platform, floor, or runway.
- ▶ Place a guard rail and a toe board around all dangerous machine or equipment a worker could walk into, regardless of height.
- ▶ Provide safety harnesses, lanyards, nets, stairs, railings, and handrails.

When using a personal fall arrest system, follow these steps:

- ▶ **Inspect your equipment before each use.** Make certain the harness and lanyard have no cuts or significant wear. Check all metal hardware for bent, broken, or cracked parts. Inspect the clasp hooks to ensure they operate freely.
- ▶ **Put on the harness and ensure it fits and is adjusted properly.** A harness should fit snugly around your chest and leg areas. The D-ring should be in the middle of the back, where it can be easily reached to hook and unhook the lanyard.
- ▶ **Properly care for your fall arrest equipment.** Wash equipment frequently and avoid exposure to harsh chemicals. Allow the equipment to air dry and store it in a safe location, adding a light oil lubricant to the snap hooks after each cleaning.

RETTEW's Safety Consulting group includes two recognized experts in the areas of fall hazards and risk assessment. Our indoor training center is also fully equipped to provide your employees with a hands-on learning experience. To learn more about our fall protection services, please check out the video in the sidebar to the right. To inquire about how we can assist your company with fall prevention and fall protection compliance, please contact Kristen Morget, CSP at 717-516-7534.

## MARK YOUR CALENDAR!

- 7/18-24 HAZWOPER Site Worker
- 7/18-20 HAZWOPER Technician
- 7/21 First-Aid/CPR/AED/BBP, Initial
- 7/22 Permit-Required Confined Space
- 7/26 First-Aid/CPR/AED/BBP, Initial
- 7/27-28 OSHA General Industry
- 7/29 Permit-Required Confined Space
- 8/11 SafeLand Basic Safety Orientation
- 8/12 HAZWOPER, 8-Hour Refresher

Please visit our website for a full list of [upcoming classes](#).

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[View Fall Protection Video](#)

**Contact us with questions or to schedule training!**

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