

Fall Protection Field Training

Talking Points:

1. All **equipment is inspected every time you put it on.** Never put on or use a piece of equipment that has not been inspected. It is important to know that the company will do other inspections to comply with OSHA regulations such as the annual equipment inspection but that does not release you of your duty to inspect before use.

Keep in mind your life depends on this inspection.

Harness

- a. Every harness is required to have the OSHA compliance tag attached.
- b. The fall indicator tags must all be in like new condition. No ripped threads.
- c. No tears, cuts or holes are allowed in any of the webbing.
- d. All buckles and what we would call hardware must be in like new condition.

Lanyard

- a. All lanyards must have the manufacturers tag attached and it must be legible.
- b. Just like the harness all of the indicator tags must be in like new condition.
- c. No tears, cuts or holes.
- d. All clips and hardware must work smoothly and exactly as new.
- e. The lanyard must be a shock absorbing lanyard. No other can be used for fall protection.
- f. All of your items must be made by the same manufacturer. No mixing brands.

2. How to put on a harness properly.

- a. All web members must be straight and not hanging on anything you're wearing.
- b. It must be tight enough not to ride up if you fall.
- c. It must be loose enough not to restrict movement or cut off circulation.
- d. Use the fist – flat hand method to check for fit. Flat hand under the strap should be easy but you should not be able to make a fist under the strap.
- e. Adjust all buckles to fit your body.

3. Anchor points

- a. Anchor points must be capable of holding 5,000 lbs.
- b. Never use a handrail. They are only designed to hold about 200 to 300 lbs.
- c. Never use a water line, gas pipe or any other type of pipe or conduit.
- d. Anchors must be a structural member.
- e. You're risking your life on its ability.

- 4. You must be tied off 100% of the time.**
 - a. That is the reason for a double legged lanyard or two lanyards.
 - b. If using a yoyo retractable type lanyard, then you need a regular shock absorbing lanyard for 100% tie-off.

- 5. Check to see what is below.**
 - a. Fall protection will not help you if you fall and hit something. Always think about how far you will fall before you stop or hit something. Remember the lanyard will reach out about 9 feet, your body height of 5 or 6 feet and the stretch in your harness. You could easily hit something below you.
 - b. You could hit the ground if you are wearing a lanyard and harness and the working height is too close to the ground. If you're working any closer than 15 to 20 feet you should use a yoyo to protect you from your fall. It will stop you within 2 feet. Keep in mind to stay 100% tied off you will also need a regular shock absorbing lanyard.

- 6. While anyone is using fall protection on the jobsite, the competent person must be in the immediate area.**
 - a. If OSHA comes out to inspect, you must know who is and who is not a competent person.

- 7. On construction sites use the 6-foot rule and at the hot-mix asphalt plant use the 4-foot rule.**
 - a. 1926 the OSHA construction standard requires fall protection at over 6 foot from the next lower level. Generally, that is the ground, but it isn't always.
 - b. 1910 the OSHA general industry standard requires fall protection at over 4 foot from the next lower level.
 - c. If you have any questions about whether it is a construction site or general industry site, call and ask.

- 8. Fall protection in a man basket, lift platform, ariel lift, or anything mobile. Even if it is not moving.**
 - a. Fall protection with shock absorbing lanyards must be worn from the second you get in or on the device. You do not get in the device and put the harness on. It must be put on while you are out of the machine. After inspecting the fall protection items and putting on the harness you may enter the machine and immediately connect the lanyard. At no time will OSHA allow you to be in or on the machine without 100% tie-off. No excuses. They will not accept, "I was just standing here, and I was going to put it on before we moved".

9. Storage and handling of fall protection items.

- a. All of these items are subject to damage from sun exposure, chemicals, and hot items.
- b. Store harnesses and lanyards in a toolbox or cover when not in use. This will protect them from sun damage or cuts from other tools.
- c. Store harnesses and lanyards in a clean area so that dirt, grease, or other contaminants won't damage or foul the clips, springs, and buckles.
- d. YOUR LIFE DEPENDS ON THIS STUFF!