



FALL PROTECTION

Toolbox Talk

THE ABC'S OF FALL PROTECTION

- **A – Anchorage**
 - Secure point for attaching a fall protection system.
 - Must withstand 5,000 lbs per person.
 - Ideal anchor point is directly above the worker to reduce swing hazards.
- **B – Body Harness**
 - Full-body harness distributes fall forces evenly across the body.
 - Must be properly fitted to ensure effectiveness.
 - Chest strap should be at mid-chest level, and leg straps secured snugly.
- **C – Connecting Device**
 - Lanyards, self-retracting lifelines, and deceleration devices link the harness to the anchor.
 - Must be shock-absorbing to reduce fall impact forces.
 - Snap hooks must lock securely and never be connected improperly (e.g., to another snap hook).

WHEN DO YOU NEED IT?

- Existing structures: If working at 4 feet or higher
- New construction of structures: If working at 6 feet or higher
- Any height: When working near dangerous equipment or unprotected edges

COMMON CAUSES OF FALLS

- Reaching beyond the work surface
- Poor housekeeping (clutter, tools, debris)
- Walking off an unguarded edge
- Slippery surfaces
- Carrying objects
- Improper use of machinery/equipment

INSPECTION AND MAINTENANCE

- Inspect harnesses, lanyards, and connectors before each use.
- Conduct an annual inspection by a competent person.
- If a harness has been impacted by a fall, remove and destroy it.

PREVENTING FALLING OBJECTS

- Use screens, panels, or toe boards to prevent tools and materials from falling.
- Store materials at least 4 feet from the edge.
- Barricade areas where falling objects are a risk.

FALL PROTECTION SAVES LIVES – INSPECT YOUR GEAR, TIE OFF PROPERLY, AND NEVER WORK AT HEIGHTS WITHOUT IT.