



# Safety Tip of the Week

## Falls from Heights

Falls are the second leading cause of occupational fatalities and disabling injuries in the United States. Each year, over 500 workers die in fall-related accidents and over 300,000 workers suffer a disabling injury.

Fall protection is any means or system used to protect employees from falling from an elevated working/working surface. Fall protection involves the elimination, prevention, and/or control of fall hazards.

### Fall Protection Equipment Is Broadly Divided into Two Categories:

- The first is fall prevention equipment. Guardrails and coverings at floor openings and safety-interlock gates on elevated platforms are designed to prevent falls. A body harness worn by workers can also be used to tether them to an area away from the fall hazard.
- The second is fall arrest equipment. These systems are designed to save the worker if they fall. A worker may wear personal protective equipment consisting of a body harness and lanyard attached to a lifeline or an anchor point.



### Fall Restraint:

Fall Restraint includes such item as guardrail or parapet walls. It can also consist of a personal fall restraint system, which keeps you from reaching an unprotected "fall" point. Guardrails are considered to be a fall restraint type of fall protection.

### Fall Arrest:

One type of appropriate fall protection equipment is the personal fall arrest system. The entire personal fall arrest system must be capable of withstanding the tremendous impact forces involved in a fall.

A personal fall arrest system includes a full body harness, a shock absorbing lanyard or a rope grab and vertical lifeline, and a sound anchorage able to support a load of 5,000 pounds.

***CHANCE TAKERS ARE ACCIDENT MAKERS!!***