



# Weekly Safety Meeting

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## How to Protect Workers from Falls

Falls can cause serious injury or death from high places.

We fortunately have personal fall-protection equipment available to prevent these casualties.

Unfortunately, our friends, family, fellow workers often fail to use what is available to them.

This is such a big subject that Occupational Safety and Health Administration (OSHA) estimates that we are losing hundreds of people every year.

If we just do our part to actively use the number of ways that our employer and we ourselves can help protect us from falls, it will reduce that number.

### What Are the Ways?

The ways to protect workers from falls, include using conventional means such as guardrail systems, safety net systems, and personal fall protection systems, the adoption of safe work practices, and the provision of appropriate training.

The use of warning lines, designated areas, control zones and similar systems are permitted by OSHA in some situations and can provide protection by limiting the number of workers exposed.

Whether conducting a hazard assessment or developing a comprehensive fall protection plan, thinking about fall hazards before the work begins will help us and our employer to manage fall hazards and focus attention on prevention efforts.

If personal fall protection systems are used, particular attention should be given to identifying attachment points and to ensuring that employees know how to properly use and inspect the equipment.

### Additional Information

Additional information on OSHA's rule on walking-working surfaces and personal fall protection systems can be found at [www.osha.gov/walking-working-surfaces](http://www.osha.gov/walking-working-surfaces).

OSHA can provide extensive help through a variety of programs, including technical assistance about effective safety and health programs, workplace consultations, and training and education.

***FALLING COULD END IT ALL!***

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## Safety Meeting Sign-In Sheet

Supervisor:	Subject:
Location:	Date:
Conducted By:	Trainer Signature:

Name (print clearly)	Signature	Comments / Safety Concerns / Training Requests