Fall Protection

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Background

- Cal/OSHA has a number of regulations related to Fall Protection
- Fall protection is needed when any work is performed under the following conditions:
  - Above 7.5 feet for work on platforms, roofs, or other general situations
  - SMC does not allow work to be performed at heights above 15 feet
- The risk of falls can be reduced or eliminated by careful planning, training prior to performing work
- Always follow all manufacturer’s recommendations
Types of Fall Protection

• Guard Rails, Toeboards and Scaffolds
  - Where work is to be performed at 7.5 feet or higher above the ground, and
  - On all open sides of unenclosed elevated work locations like roof openings, landings, balconies or porches, and

• Personal Fall Arrests and Vests
  - Shall be worn by those employees whose work exposes them to falling in excess of 7.5 feet
  - Anchorages used for attachment shall be independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,000 pounds per employee attached

• Safety Nets
  - You are not a trapeze artist – DO NOT USE!!
Fall Protection Plan

- If conventional fall protection systems are not practical for the work being performed, then a written fall protection plan must be developed and implemented.
- The plan permits work to be carried on in a designated area, without conventional fall protection, and requires alternate measures to be used to reduce any fall hazard.
- There must be constant observation by a safety monitor.
Ladder Safety

• Portable ladders are one of the most commonly used pieces of equipment in industry
• They are handy, simple to use, very versatile, practical and effective
• Because of this, many employers assume that their employees are familiar with them and know how to use them properly, which is a bad assumption
• According to the National Institute for Occupational Safety and Health (NIOSH), improper use of portable ladders is a major source of injury, both on and off the job
Accidents from portable ladders are very common. Falls are the most common cause
- Workers not being adequately trained in ladder safety
- Ladders in poor condition or defective
- Improper selection, care or use including incorrect positioning
- Using unsafe work practices
- Using the wrong ladder for the specific job
Prohibited Uses of Portable Ladders

• Ladders shall not be used for uses they were not intended
• Do not place planks on the top step or top cap
• Step ladders shall not be used as single ladders or in the partially closed position
Ladder Safety (Cont.)

Safe Use of Portable Ladders

- Must have manufacturer’s labels
- Middle and top sections shall not be used as bottom sections unless equipped with nonslip bases
- Shall not be overloaded when used
- The base of ladders shall be placed on a secure and level footing. Ladders shall not be placed on unstable bases
- Level footing of a ladder can only be accomplished with the use of the ladder’s feet or a manufacturer approved leveling device. Other forms of blocking or supporting ARE NOT ALLOWED
- Shall be tied, blocked, held, or otherwise secured to prevent slipping
- Shall not be used in a horizontal position as platforms, runways, or scaffolds unless designed for such use
Ladder Safety (Cont.)

More Safe Use of Portable Ladders

• When two or more separate ladders are used to reach an elevated work area, the ladders shall be offset with a platform or landing between the ladders.
• Do not tie ladders together to provide longer sections equipped with the necessary hardware fittings.
• Do not place ladders in passageways, doorways, driveways, or any location where they may be displaced unless protected by barricades or guards.
• Do not overreach from this position. To avoid overreaching, descend and reposition the ladder.
• Do not carry equipment or materials which prevent the safe use of ladders as outlined in this section.
• Face the ladder while climbing and descending, and maintain contact with the ladder at three-points at all times.
• Do not stand and work on the top three rungs of a single or extension ladders.
Ladder Safety (Cont.)

More Safe Use of Portable Ladders

• Do not stand on the top-cap or the step below the top-cap of a stepladder
• Do not use the X-bracing on the rear section of a stepladder for climbing
• Ladders shall not be moved or extended while occupied
• Non-conductive ladders shall be used while doing electrical work
• Conductive ladders shall be legibly marked with signs reading “CAUTION-- DO NOT USE AROUND ELECTRICAL EQUIPMENT”, or equivalent
• The area around the top and bottom of a ladder shall be kept clear
General Portable Ladder Layout
The horizontal distance from the wall to the foot of the ladder is one-quarter of the working length of the ladder. The ladder should extend 3 feet beyond the roof landing.