**Worksite Safety 03: OSHA Fall Protection (RV-10720) – 1 hour course**

**Course Description**

Each year, on average, between 150 and 200 workers are killed and more than 100,000 injured because of falls at construction sites. OSHA’s construction industry safety standard for fall protection 29 CFR,Subpart M, outlines systems and procedures designed to prevent employees from falling off, onto, or through working levels and to protect employees from being struck by falling objects. Here, we outline the basics and provide some “do’s” and “don’ts” for novices and those who need a refresher course.

**Course Objectives**

Terminal Objective: Given current OSHA and industry information regarding construction worksite illnesses, injuries and/or fatalities, the student will be able to recognize fall hazards in construction. Specifically, the student will be able to:

Enabling Objectives:

 •Identify major fall hazards

•Describe types of fall hazards

•Protect him/herself from fall hazards

•Recognize employer requirements to protect workers from fall hazards

**Course Outline**

**Introduction – 5 minutes**

Falls of as little as 4 to 6 feet can cause serious injuries, significant loss of productivity (for instance, if a worker breaks an arm or leg) and even death (for instance, if a worker falls and hits his head on cement or breaks his neck).

**Overview – 15 minutes**

Employers must ensure that all walking and working surfaces have the structural integrity to support workers safely. Employees are not permitted to access walkways or other work areas until they have been proven structurally sound and deemed safe.

* Who is Responsible for Fall Protection
* Makes Sense…
* Controlled Access Zones
* Fall Protection Plans
* When Should Fall Protection Be Provided
* What Are the Rules for Ramps, Runways and Other Walkways?
* What About Residential Construction?

**Cases and System Details – 10 minutes**

Each fall protection system is described in detail in 29 CFR 1926.502. To give an idea just how ubiquitous the problem of falls on construction sites can be, a look, initially, at just one area will be taken: Falls through skylights and existing roof openings

* The Lowdown on Falling Down: Background and Case Histories
* Positioning Device Systems
* Warning Line Systems
* Safety Monitoring Systems
* Covers
* Guardrail Systems
* Case Study

**Responsibilities – 10 minutes**

The responsibilities of protecting against falls lie on both the employer and employee to create a work environment that is safe.

* What Should My Employer Oversee?
* What Should I Do to Ensure My Own Protection?

**Using Fall Protection – 15 minutes**

Each type of fall protection system is discussed in relation to how it is used to keep the worker safe while on the job and when it should be used.

* How Does a Personal Fall Arrest System (PFAS) Protect Me?
* How Do Guardrail Systems Protect Me?
* How Does a Safety Net System Protect Me?
* Six Feet Over

**Training – 5 minutes**

Employers must provide a training program that teaches employees who might be exposed to fall hazards how to recognize such hazards and how to minimize them.