

# Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is contained within a dark blue oval. The word "Apollo" is written in a white, cursive script font. Below it, the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

**Apollo**

— MECHANICAL CONTRACTORS —  
Building People Who Build Great Things

## Fall Prevention Week

Date: May 3-7, 2021

**Apollo is celebrating National Safety Stand-Down week which raises awareness for fall hazards in construction. Fatalities caused by falls from elevation is a leading cause of death (after suicides) to construction workers. These deaths are preventable! Over the next week we will review fall hazards and controls to help raise awareness at all Apollo job sites.**

**Tale of Two Falls - In the fall of 2000, Ron Mace fell 24 feet through a 2X4 roof penetration he had just cut. It was the end of the day and the end of the week and both Ron and his teammate were anxious to get home. Neither Ron nor his teammate were wearing fall protection while cutting holes in the roof. When his teammate went to the bathroom, Ron continued to cut a hole and left tabs so the piece would not fall to the ground. But Ron accidentally stepped on it and fell through the roof. He was lucky he did not die, but the pain and suffering from his injuries have followed him through his life.**

**Fast forward to summer 2016. Tanner Kane was pulling forms off the top of a 30 foot retaining wall. Just the week before he had been coached by his supervisor in the correct use of his Self Retracting Lifeline. So when the pry bar he was using to pull forms off the top of the wall became a catapult and launched him over the edge, his SLR worked beautifully; it kept him from falling all the way to the ground and he was able to self rescue. In his own words "I went home safe and made it to my son's baseball game that night".**

**This tale of two falls illustrates the effectiveness of fall protection in preventing death and needless pain and suffering. In the next few days we will review fall hazards and fall protection controls and celebrate the falls we have prevented.**

**HEALTH OR SAFETY REMINDER:** Always consult your Safety Professional concerning fall protection questions. Home Healthy,! Home Safe!

Discussion Points / Question:

1. Does anyone have a personal story about fall protection to share?
2. At what height should fall protection be provided to workers in construction? ( 6 ft, unless in Wa then 4ft)
3. Who is mostly responsible for developing a fall prevention plan on the job site? (employer)