

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: April 2022

Fall Protection AISH 11

Falls from heights are one of the fatal four of construction and should be taken seriously whenever hazards are identified. This month we are dedicating a full week to fall protection awareness because it has such a large impact on our industry. Today we are going to address some common requirements when it comes to developing and executing a fall protection plan. In Apollo Industrial Safety and Health Manual you will find that AISH 11 covers this requirement fully.

Eliminate or Engineer Out –

Whenever a fall hazard is identified our first thought process must be to see if we can eliminate or engineer the hazard out. An example of this would be to put up handrails or install hole covers.

Administrative Control –

If we have identified an area with potential fall risks that does not require access, one administrative control we can practice is restricting access to that location. For instance, a rooftop can be hard barricaded at the access stairs to keep workers from accidentally exposing themselves to unnecessary fall hazards by going to the rooftop.

Fall Arrest Systems (PPE) –

Relying on PPE to save us in case of a fall should be one of our last methods of risk control and used only after elimination and admin control have been deemed not feasible. A fall arrest system is a system designed to catch an employee in the event of a fall. A common system would include a harness and self-retracting lifeline (Yo-Yo) or 6 ft. lanyard. This system requires a 5,000 lb. anchor point.

HEALTHY OR SAFETY REMINDER: We do not rise to the level of our expectations; we fall to the level of our training.

Fall Restraint Systems –

A fall restraint system would be a system designed for use that would physically stop you from falling. An example of this would be a harness and 6 ft. lanyard with an anchor point 7ft. away from a roof's edge. This is different from a fall arrest, as this system is designed to prevent a fall from ever happening, as appose to catching someone in case of a fall.

Fall Protection Plan –

When we put a worker in PPE such as harness and lanyard, we need to verify the individual is trained for the correct use of the fall protection system they will be using, the equipment is in good working condition and inspected before each use, and a fall protection plan has been written, reviewed, and individuals are trained to the requirements of the plan. A fall protection plan is in AISH 11 and is required whenever we have employees using fall protection PPE.

Discussion Points/Quiz Questions:

1. What activities on your job require fall protection?
2. When does fall equipment need to be inspected? When does the inspection need to be documented?