Town of Perinton
Safety and Security
1350 Turk Hill Road, Fairport, NY 14450

FALL PROTECTION BASICS

TOOLBOX TALK SERIES – FALL PROTECTION

July 2022

Falls are one of the leading causes of workplace fatalities. Every year OSHA reports from 150 to 200 fatalities in the workplace attributed to falls. Ensuring you are properly protected will prevent you from becoming a statistic.

Fall Restraint vs Fall Arrest
Fall Restraint – Fall restraint systems are designed to protect you from falling. These includes guardrails and parapet walls.
Fall Arrest – Fall arrest systems stop you if you are falling. The most common systems include harnesses, lanyards and anchorage points.

Fall Restraint Systems (Fall Prevention)
Guardrails are the most common form of fall restraint systems. They are required on any walking or working surface that could result in a 48 inch or more drop. They are required to have a top trail at least 39 to 45 inches above the walking surface. Additionally, this top trail must be a capable of supporting 200 pounds. Mid-rails are required so that the spacing between rails does not exceed 19 inches.

Fall Arrest Systems (Fall Protection)
Personal fall arrest systems are the most common. They shall be utilized is the worker is subject to a potential fall of six feet or more. The anchorage point for these systems must be capable of supporting at least 5000 lbs. Lanyard should have a shock absorber. Make sure that the lanyard is appropriate for the potential fall. Lanyards will indicate a minimum fall distance for safe use. Ensure all components are in good shape. Attempt to anchor above your head to limit fall distances.

DO NOT DO:

- Do not tie off to vent pipes or non-structural components.
- Do not use multiple lanyards together to reach length.
- Do not utilize the same anchor point as other people.
- Do not unhook from an anchor point while subject to a fall greater than 6 feet.
- Always have a competent person review your system and anchorage.

CONTACT SAFETY AND SECURITY FOR A FALL PROTECTION EVALUATION OF YOUR WORKSITE