



# FALL RESTRAINT SYSTEMS

## TOOLBOX TALK SERIES – PERSONAL PROTECTIVE EQUIPMENT

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Working at heights can be dangerous, and falls from heights are a leading cause of workplace injuries and fatalities. Fall restraint systems are an essential tool for protecting workers who need to work at heights.

Fall restraint systems are designed to prevent workers from falling from heights by keeping them securely in place. Here are some key points to remember when using fall restraint systems:

1. **Inspect your equipment:** Before using fall restraint systems, ensure that all equipment is in good condition and free of any damage. Make sure that the equipment is certified for use and has been tested for strength and durability.
2. **Plan your work:** Before starting any work at height, assess the risk and determine the appropriate fall restraint system to use. Plan the work to minimize the amount of time spent at height and ensure that workers are properly trained.
3. **Use the right equipment:** Use the appropriate fall restraint system for the task at hand. This could include harnesses, lanyards, anchor points, and other equipment designed to keep workers safe.
4. **Properly secure equipment:** Ensure that all fall restraint equipment is properly secured and anchored to a strong and stable structure.  
Never use equipment that is damaged or shows signs of wear and tear.



Remember, fall restraint systems are a vital tool for protecting workers who need to work at heights. By following these simple steps, we can help ensure that everyone stays safe while working at heights.