

Fall Protection

1926 Subpart M

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In construction fall protection starts at 6'

There's no height minimum when working over dangerous equipment

This doesn't mean that we don't protect ourselves from falls from lesser heights.

There are special rules for lifts and scaffolds

Types of fall protection

- Guard rails

- Safety nets

- Restraint

- Positioning

- Fall arrest

Guard rails

- Top rail 39"-45" Usually 42"

- Mid rail halfway between top rail and toe board

- Toe board at least 3 1/2" tall

- Handrails not extend past terminal post

- You can use vertical members not more than 19" apart

- Guard rails around a floor opening must have a removable or outswing gates

- Holes must have a secured cover on them marked "hole" or "cover"

- That cover must support twice the weight of any loads that will be put on it

Safety nets

- Must be placed no more than 30' below working surface

- Must support 5,000 lbs.

- Must be inspected weekly

Restraint-a system using a harness, connection and anchor that keeps a person from walking to a place where he or she could fall

Positioning-a system using a harness and positioning equipment that allows a person to work in a vertical position hands free

Fall arrest

Uses a full body harness with a lanyard, a retractable lifeline or other connection to stop a fall

The fall arrest system must include a anchor point that can withstand 5,000 lbs.

There can be no more than 1 person per 5,000 lb. anchor point

The system must not let a worker fall more than 6' or make contact with a lower Surface

Harnesses and connection devices should be inspected before every use

There can be only 1 attachment to a harness D ring

Lift Fall Protection

Scissor lift

Technically a fully compliant guard rail system is adequate but as with all equipment the manufacturer's manual is the last word. For extra precaution, we tie off in a lift unless the manufacturer's manual indicates not to.

Aerial lift

The goal of fall protection in an aerial lift is to prevent the worker from ever leaving the basket. Therefore and 6' lanyard is unacceptable. A short lanyard that actually prevents someone from being ejected from the basket would be acceptable. The better practice is to use a retractable lifeline.

Bottom line: no 6' lanyards in aerial lifts.