

FALLS ARE THE LEADING CAUSE OF DEATH

In 2010, there were 264 fall fatalities (255 falls to lower level) out of 774 total fatalities in construction. **These deaths are preventable.**



Falls can be prevented and lives can be saved through three simple steps:

- Plan
- Provide
- Train

OSHA has partnered with the National Institute for Occupational Safety and Health and National Occupational Research Agenda (NORA) - Construction Sector on this nationwide outreach campaign to raise awareness among workers and employers about common fall hazards in construction, and how falls from ladders, scaffolds and roofs can be prevented and lives can be saved. Here's how:

PLAN ahead to get the job done safely

When working from heights, such as ladders, scaffolds, and roofs, employers must plan projects to ensure that the job is done safely. Begin by deciding how the job will be done, what tasks will be involved, and what safety equipment may be needed to complete each task.

When estimating the cost of a job, employers should include safety equipment, and plan to have all the necessary equipment and tools available at the construction site. For example, in a roofing job, think about all of the different fall hazards, such as holes or skylights and leading edges, then plan and select fall protection suitable to that work, such as personal fall arrest systems (PFAS).

PROVIDE the right equipment

Workers who are six feet or more above lower levels are at risk for serious injury or death if they should fall. To protect these workers, employers must provide fall protection and the right equipment for the job, including the right kinds of ladders, scaffolds, and safety gear.

Different ladders and scaffolds are appropriate for different jobs. Always provide workers with the kind they need to get the job done safely. For roof work, there are many ways to prevent falls. If workers use personal fall arrest systems (PFAS), provide a harness for each worker who needs to tie off to the anchor. Make sure the PFAS fits, and regularly inspect all fall protection equipment to ensure it's still in good condition and safe to use.

TRAIN everyone to use the equipment safely

Falls can be prevented when workers understand proper set-up and safe use of equipment, so they need training on the specific equipment they will use to complete the job. **Employers must train workers** in hazard recognition and in the care and safe use of ladders, scaffolds, fall protection systems, and other equipment they'll be using on the job.



TRAINING

Employers must train workers in hazard recognition and the care and safe use of equipment such as ladders and scaffolds, and fall protection systems.

- **Ladder Safety:** Employees must be trained to properly use a ladder- this includes safety measures like:
 - Maintain three points of contact
 - Place the ladder on level footing
 - Always face the ladder
 - Secure the ladder by locking the metal braces at the center of the ladder
 - Don't overreach
 - Don't walk the ladder

- **Scaffold Safety:** Employees must be trained to safely set up and use scaffolds- this includes safety measures like:
 - During setup: fully plank scaffolds, complete all guardrails, ensure stable footing and plumb and level
 - Ensure proper access to scaffolds
 - A competent person must inspect the scaffold before use
 - Don't climb over cross braces
 - Don't stand on guardrails
 - Don't use a ladder on a scaffold

- **Roof Safety:** Employees must be trained to avoid fall hazards on a roof and properly use fall protection equipment- this includes safety measures like:
 - Make sure your harness fits and is not defective when using PFAS
 - Always stay connected/tie off
 - Ensure that all anchor points are safe
 - Protect all holes, openings and skylights
 - Don't sit or walk on skylights or other openings

EMPLOYEE TRAINING AND INSTRUCTION RECORD

Subject: Falls leading cause of Death.

Location: _____

Instructor's name & Signature: _____

Date of Session: / / Time Started : am / pm Time Finished : am / pm

Please print your name and job title. Then sign your name.

ATTENDEES:

Print Name	Job Title	Signature