

FALL PROTECTION AND PREVENTION



Virginia Department of Labor and Industry

WHAT IS A FALL HAZARD?



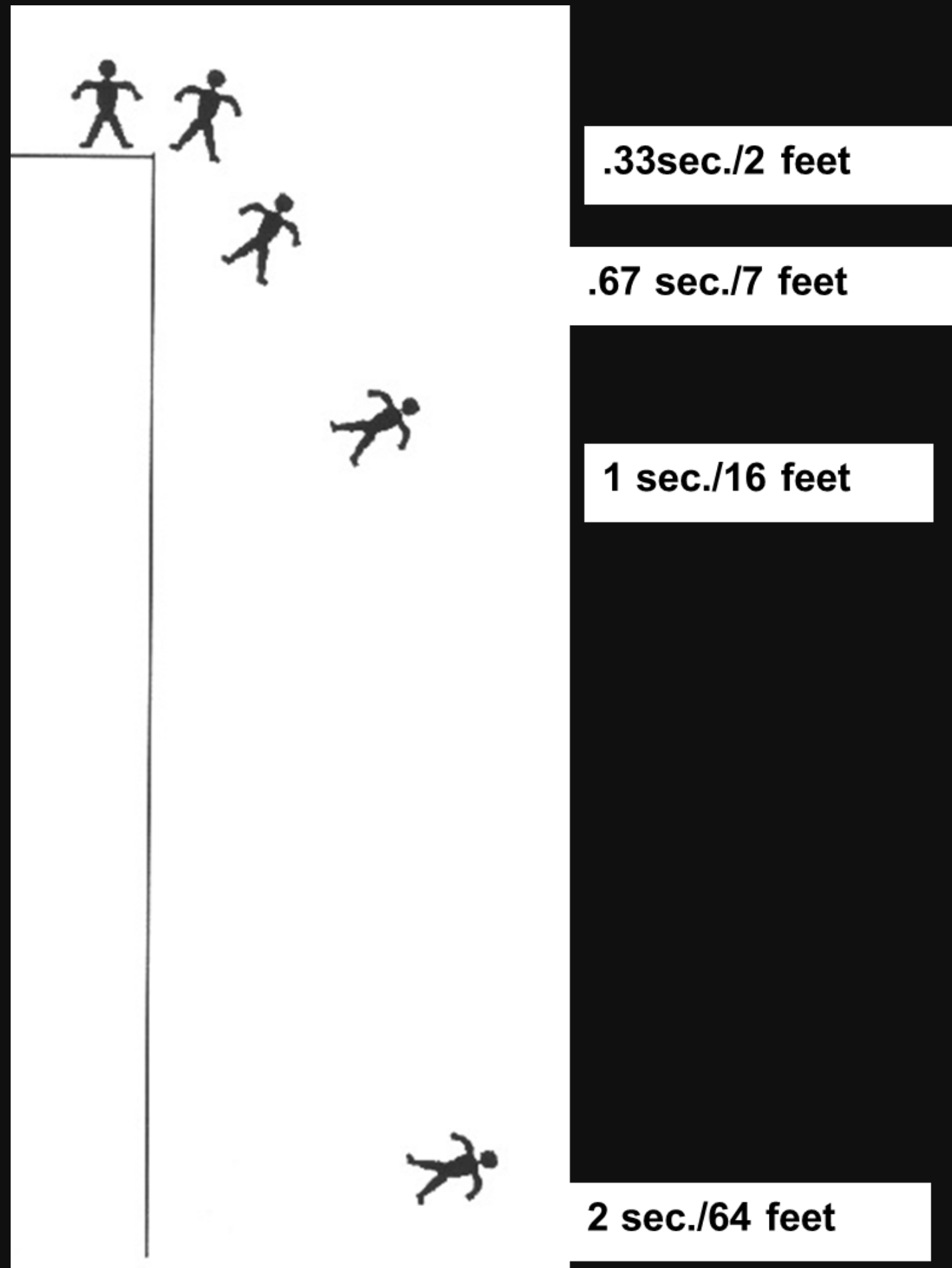
Anything at your worksite that could cause you to lose your balance or lose bodily support and result in a fall.



FALLS

Slips, trips, and falls make up the majority of general industry accidents. Falls are also the number one cause of construction worker fatalities, accounting for one-third of all on-the-job deaths in the industry.





- It takes most people about $\frac{1}{3}$ of a second to become aware of a fall.
- It takes another $\frac{1}{3}$ of a second for the body to react.
- A body can fall up to 7 feet in $\frac{2}{3}$ of a second.



04' Trigger height
for general
industry falls

06' Trigger height
for construction
in dustry falls

Unless working on a ladder, scaffold or scissor lift, OSHA requires fall protection when exposed to a 4-foot fall or greater in general industry and a 6-foot fall in the construction industry.



COMMON FALL HAZARDS



ONE

Unprotected edges, openings, and leading edges

TWO

Overhead platforms, runways, and elevated work station

THREE

Floor openings, pits, and wall openings





FALL HAZARD CONTROLS

HIERARCHY OF FALL HAZARD CONTROL:

FIRST

ELIMINATE THE FALL HAZARDS

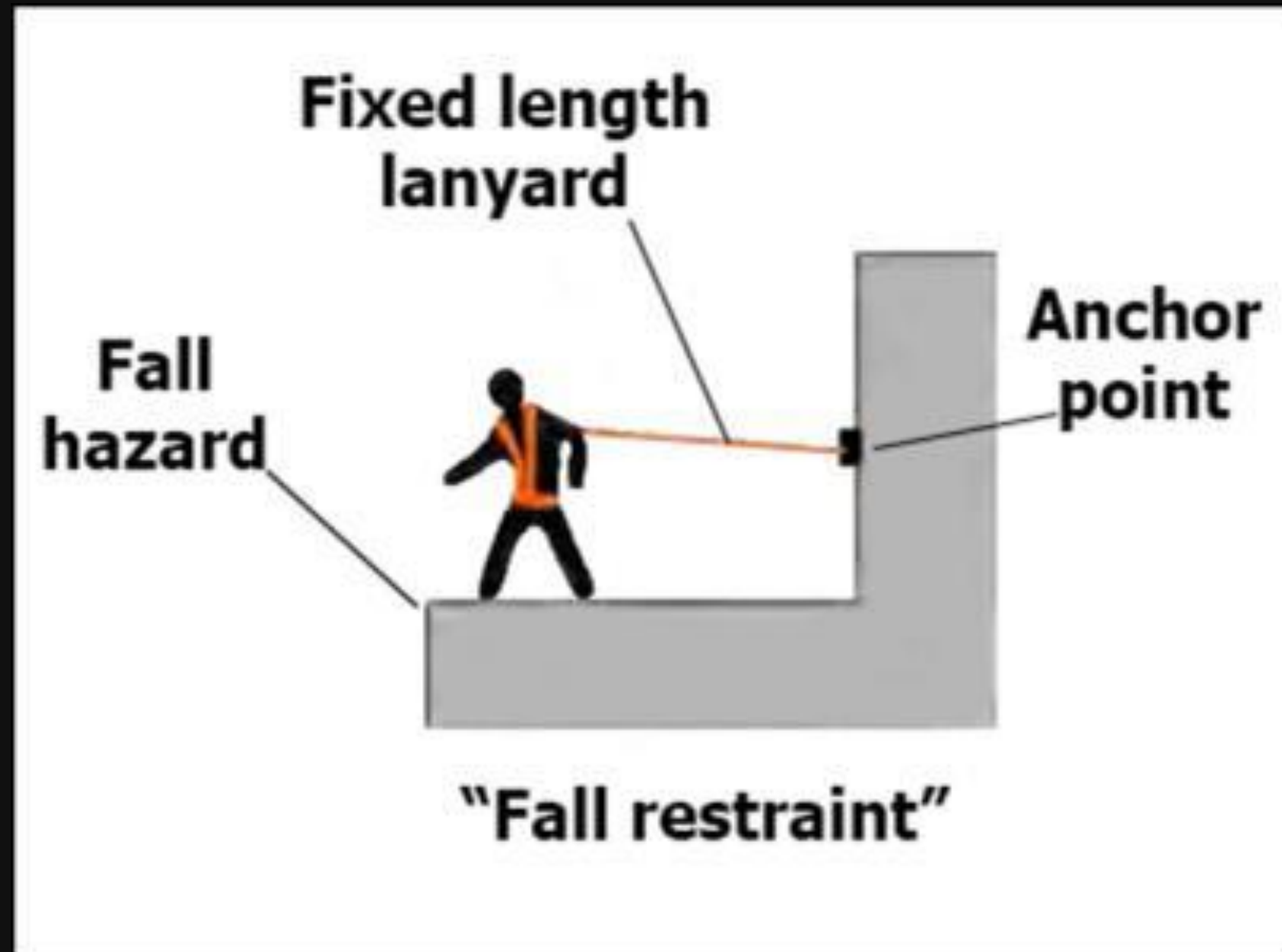
SECOND

PREVENT THE FALL

THIRD

CONTROL THE FALL

FALL HAZARD CONTROLS



ELIMINATE FALL HAZARDS

- work from the ground
- cover holes

PREVENT THE FALL

- standard railings
- toeboards
- fences and barricades

PREVENT

- personal fall restraint



TRAINING

Your employer must train you on the following:

- •Fall hazards associated with your facility and your work
- •Methods used to protect you from those hazards
- •Proper and safe use of any personal fall arrest, positioning, or fall restraint systems
- Applicable OSHA standards



HAZARD RECOGNITION

Can you spot the common fall hazards?



FLOOR HOLE



**UNPROTECTED
EDGE**



**FALL FROM
HEIGHT**



CONTACT US

For More Information Contact
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