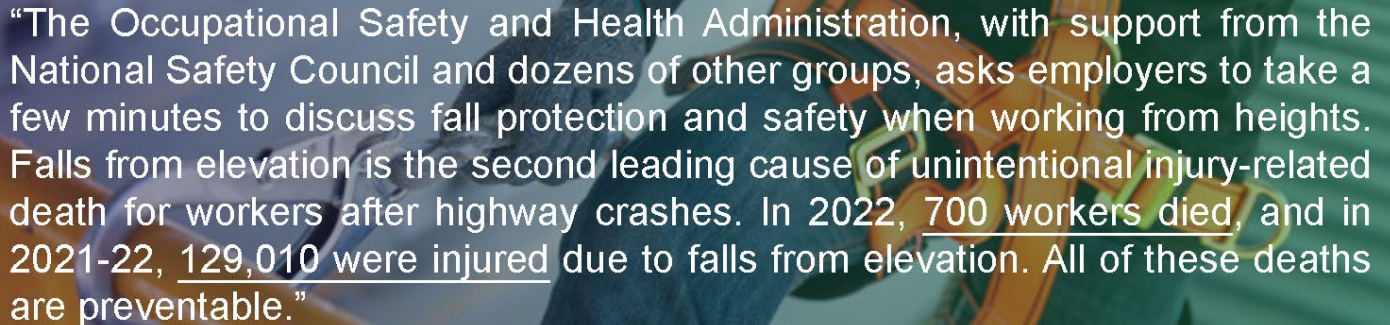


5 MINUTES FOR 5 STEPS: REMIND EVERYONE ABOUT FALL PROTECTION



“The Occupational Safety and Health Administration, with support from the National Safety Council and dozens of other groups, asks employers to take a few minutes to discuss fall protection and safety when working from heights. Falls from elevation is the second leading cause of unintentional injury-related death for workers after highway crashes. In 2022, 700 workers died, and in 2021-22, 129,010 were injured due to falls from elevation. All of these deaths are preventable.”

- from *NSC Stands with OSHA on Fall Safety*, National Safety Council

Any employee assigned to a task that requires fall protection should be properly trained by a competent person, and the training should be documented and kept according to OSHA requirements. It is the employer's responsibility to ensure only employees trained and equipped for the task are performing any activity that exposes employees to a fall hazard.

1. Conduct an assessment to see if the job can be done on ground floor.
2. Make sure all Anchor Points have been inspected and they are approved. The best location for any anchor point is overhead. Remember, if using horizontal or anchors below the D-ring, there are other major considerations.
3. Body Harnesses are used every day which makes them more susceptible to damage. If the harness is worn incorrectly, serious injury can occur. The harness must be properly fitted and sized for each individual employee. Always inspect your harness before use.
4. A vital piece in this system is the connector; linking the anchor point to the harness. When choosing a connector, calculate fall distance from the anchor point to when the employee will stop. Make sure you have the right self-retracting lifeline (SRL) for the job.
5. Inspections must be done by trained individuals. Never use damaged fall protection. Tag it out!

Safety Training & Environmental Protection partners with companies to provide fall protection training for the User, Competent Person, or Supervisor. If you need assistance with this training, [contact us](#) today for a site-specific quote tailored to your facility.

Sources:

- Quote: [NSC Stands with OSHA on Fall Safety - National Safety Council](#)