



# KCA TOOL BOX TALK: Worksite Falls (General Protection & Awareness)

Falls are the leading cause of injuries at work sites. Falls can occur from ladders, scaffolding, vehicles, heavy equipment, aerial lifts, openings, platforms, and roofs.

## General Fall Protection:

- Guardrails are required on work surfaces when workers are exposed to falls over six feet
- Guardrails must be 42 inches high. A mid-rail is required
- The fall protection training program must cover the recognition of potential fall hazards at the workplace for the employee
- Body harnesses with lanyards and secure attachment points are used when guard rails cannot be provided

## General Fall Awareness:

- **PLAN** ahead to get the job done safely

When working from heights, 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.

- **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.

- **TRAIN** everyone to use the equipment safely

Every worker should be trained on proper set-up and safe use of equipment they use on the job. Employers must [train workers](#) in recognizing hazards on the job.

For more information visit OSHA REGULATIONS: 1926.501 and 1926.503

### Signatures

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**Teamwork Improves Safety!**

Keystone Contractors Association [Jon@KeystoneContractors.com](mailto:Jon@KeystoneContractors.com) 717-731-6272