



TAILGATE SAFETY

FALL PROTECTION SYSTEMS

Once it has been determined that fall protection is required on a jobsite, there are several types of fall protection identified as acceptable by Cal/OSHA:

- **Personal Fall Restraint System** – Consists of equipment used to keep an employee from reaching a falling point, such as the edge of a roof or elevated work surface. Most commonly used are guardrails and covers.
- **Personal Fall Arrest Systems** – A system used to arrest an employee in a fall from a working level. It consists of anchorage, connectors, body harness, may include a lanyard, deceleration device, lifeline, or suitable combinations of these. The entire system must be capable of withstanding the impact forces involved in stopping or arresting the fall. As of January 1, 1998, the use of a body belt for fall arrest is prohibited.
- **Positioning Device** – A body belt or body harness system rigged to allow an employee to be supported on an elevated vertical surface, such as a wall, and work with both hands free while leaning.
- **Safety Nets** – Designed to catch employees if they do fall. Are generally used at higher heights and when other means of fall protection cannot be utilized. They are made of strong border ropes and mesh openings no more than 36 square inches or 6 inches on any side, and placed 30 feet or less under the walking or working surface.
- **Controlled Access Zones** – Areas where certain work like overhand bricklaying can be performed without guardrail, safety net, or personal fall arrest systems. Areas are off limits to all but specially authorized personnel.
- **Warning Line Systems** –Rope, wire, chain barriers that alert employees to an unprotected roof side or edge and are at least six feet from any edge and go around all side of work surface. These are not meant to be used alone, they should be used with guardrails, fall arrest systems, or safety monitoring system.
- **Fall Protection Plan**- If standard fall protection methods will not work at a particular site, a fall protection plan must be put in place.
- **Safety Monitoring System**- A trained person is placed with the workers on an elevated surface. They are a “fall monitor” and warn employees when they are too close to an edge. Employers use this option when they can demonstrate that guardrails, safety nets, fall arrest systems cannot be used or would create a greater danger.

Training Tips: a) Have examples of fall protection utilized at your site, b) Ask if anyone has fallen (or almost) from a height that would have caused serious injury or death to share their experience, c) Allow discussion of any fears employees may express regarding working at heights.



North Coast Builders Exchange ~Tailgate Topics
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