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KSU Facilities Safety Bulletin

The ABC'S of Fall Protection

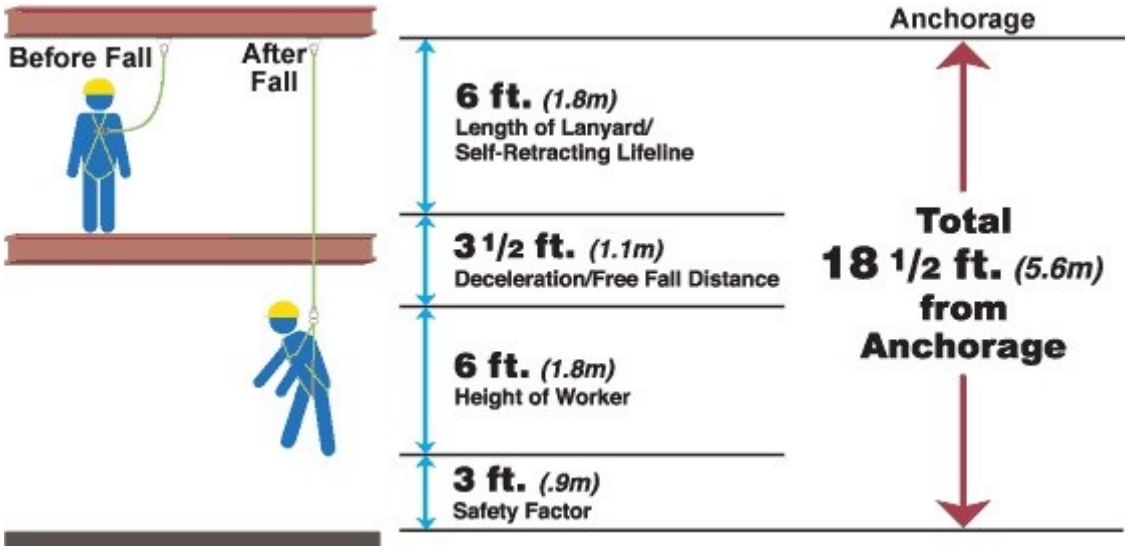
Anchorage Point- Anchorage points need to be capable of withstanding 5,000 lbs of force, for each employee using said anchorage point.

Body Harness- Employees that are required to wear a full body harness need to be trained on how to don, doff, inspect and maintain their harness.

Connector- The connecting subsystem is the critical link which joins the body harness to the anchorage/anchorage connector. It can be an energy-absorbing lanyard, fall limiter, self-retracting lifeline, rope grab, or retrieval system. Connecting means will vary depending on whether the worker is equipped for personal fall arrest or work positioning and travel restriction.

Calculating Personal Fall Arrest Distance

When using a Personal Fall Arrest System (PFAS), it is important that employees be trained in calculating PFAS clearance distance. In the event of a fall, it is important to ensure that the worker will not free fall more than 6 feet because a fall of more than 6 feet has broken workers necks from impact force. Additionally, if workers contact lower levels the PFAS is useless. When plausible, using a Self-Retracting Lifeline (SRL) or a deceleration device to ensure forces do not exceed 1,800 pounds is key. Use this chart when calculating PFAS clearance distance.



Sources: DBISala & Safetytoolboxtopics

The Dangers Of Asbestos

- Asbestos fibers are very small. If you inhale them, they go deep into your lungs, and stay there, possibly causing disease 10 to 40 years later (chronic or delayed onset).
- Asbestosis (a lung disease) and mesothelioma (a rare type of cancer) are both diseases that only people exposed to asbestos get.
- You're 90 times more likely to develop lung cancer if you smoke and are exposed to asbestos than people who do not smoke and are not exposed to asbestos.
- Asbestos fibers are friable, or easily broken into smaller pieces

What type of materials contain asbestos?

- Roofing felt, shingles, and patch material
- Vinyl floor tile and linoleum backing
- Pipe and boiler insulation
- Fireproofing
- Spray-on decorative acoustical ceiling material
- Putties, caulks, cements and other mastics

How can you tell something is made of asbestos?

Unfortunately, the only way is to take a sample and have it tested in a lab. It is best to use caution when dealing with unknown items unless you are sure it is tested to indicate it does not contain asbestos.

Again, the danger of asbestos is in it's release into the air (friability). If the material is positive for asbestos, only a properly trained crew can remove, repair, encapsulate, or enclose it. They must be appropriately trained to remove and dispose of the material. The best thing you can do if you come across some friable material that you believe may be asbestos containing is to stop and ask prior to disturbing it. This is for your safety.

Source: Safetytoolboxtopics

KSU Asbestos Handling Policy

Any building owned by Kansas State University must be properly inspected for the presence of friable and non-friable asbestos prior to demolition or renovation of the building. Building includes any institutional, commercial, public, industrial, residential or farm structure. Contact Campus Planning & Facilities Management or Environmental Health and Safety for assistance.