

Personal Fall Arrest Systems

Where employees are exposed to serious fall hazards, and protection by other means such as guard rails or nets are not used, the Occupational Safety & Health Administration (OSHA) requires employers to establish a personal fall arrest program for fall protection. These programs typically identify common hazards and offer solutions for mitigating them, usually by instructing the use of fall protection systems, outlining situations where fall arrest devices are appropriate for use.

Most personal fall protection systems involve the use of wearable harnesses, designed to suspend a free falling worker. These systems are tethered to structural points capable of withstanding a lot of force. Even with a harness properly in place, the force required to arrest a free fall places considerable stress on the body.

Tips for properly attaching your connecting device to an anchor point:

- Do work directly under the anchorage, whenever possible, to avoid injury resulting from swinging and striking another object during a fall.
- Do ensure that the anchorage is at a height that will not allow a lower level to be struck should a fall occur.
- Do attach to the anchorage or anchorage point specified by the qualified person.
- Do tie off in a manner that limits free fall to the shortest possible distance.
- Don't attach your snap hook around a sharp or rough edge. Use a cross-arm strap or other compatible anchorage connector.
- Don't attach multiple lanyards together.

Source: <https://vividlearningsystems.com/courses/osha/personal-fall-arrest-systems>

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Operations:

Personal Fall Arrest Systems

All:

Ladder Safety

Ladder Safety

Read the labels: Before you get on a ladder, always read and follow all instruction and warning labels. Ladders are designed to hold a certain amount of weight, which is the weight of the individual climbing the ladder along with all additional weight from tools, equipment, and carry-on weight.

Check for stability: Check to see that the ladder is sturdy with no cracked or damaged parts. Aluminum is a stronger and lighter material than wood. If damaged, remove from service until repaired or discarded. If possible, choose a ladder with stabilizers on the feet.

Check your positioning: Make sure to position the ladder on firm and level ground such as concrete. When positioning a ladder to a wall, make sure the angel is no wider than 75 degrees or about 4 feet from the ground to the wall.

Follow the 3-point rule: Maintain three points of body contact with the ladder, either two hands and a foot or two feet and a hand when climbing. Make sure to step on the middle of the step and face the ladder. If you need different tools, wear a tool belt to hold them.

Dress properly: Wear a hardhat or safety helmet when working on a ladder. Wear work boots or shoes with tread. It is very easy to slip if you are wearing smooth soled shoes.

Be aware of your movements: Never stand on the top few rungs. Choose an extension ladder that is long enough to provide proper safety. The top of the ladder should reach past your belt when standing near the top. Standing too close to the top is one of the major causes of injuries. Never lean out or overreach from either side when working, leaning will throw you and the ladder off balance and you should keep your center of gravity aligned.

Source: <https://vividlearningsystems.com/courses/osha/ladder-safety>