



Safety Tips

A five-minute training series for PCOs.

Fall Protection

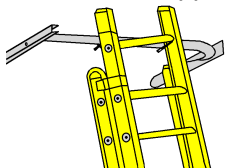
Fall protection comes in all sorts of shapes, materials and sizes. To determine if fall protection is necessary, you must determine the type of hazard. The most common fall protection hazard for technicians is a ladder. However, other hazards can include a building roof, a pole or a tree and any structure creating a height variance of more than six feet. How high up will you be? What means will be used to gain this height? Whose equipment is it?

Answers to these questions will help to determine fall protection equipment needs. It is important to understand that fall protection is good only if it is the right equipment for the job and there is a stable fixture for fastening.

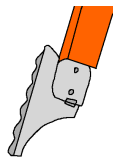
When walking or working in areas where there is six feet (1.8 meters) difference in elevation, some means of fall protection should be used and, in many instances, is required by OSHA.

Fall protection may be nothing more than a guard-rail system. This is a device or devices designed to protect you from falling from heights greater than six feet. Fall protection can also be a net system to stop you from falling more than six feet.

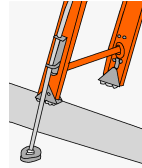
The most common application is when using an extension ladder. Fall protection for ladders include:



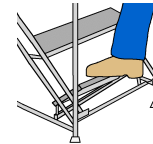
A stabilizer bar



Ladder feet



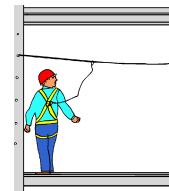
Ladder feet extensions



Ladder feet anchors

Use of harness equipment to strap yourself to the ladder would not be effective. If you fall, you pull the ladder down on you. Harness use, when on a ladder, is not effective unless there is an attachment device on the building.

When on a commercial building or structure, harness equipment would be necessary, unless there is a guard rail system or safety net system available.



To determine the correct fall protection equipment for the application, consult with your manager or the customer/manager of the structure being serviced.