

PMCCI Safety Newsletter

The ABC's of Fall Protection

A. Anchorage

A secure point of attachment. Can be a structural anchor (I-beam or concrete form) or an anchor engineered for PFAS.

B. Body Support

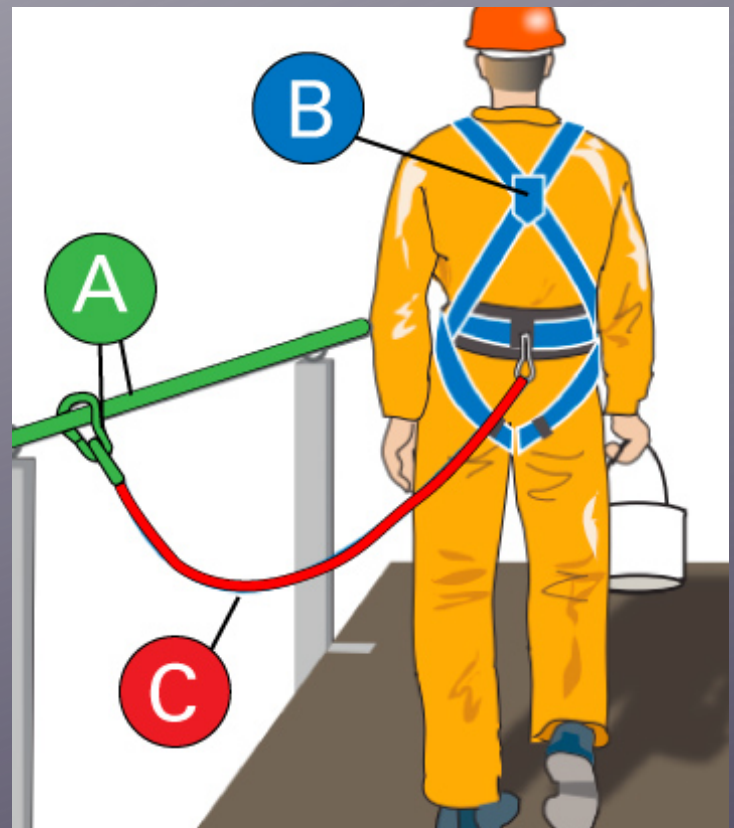
Typically a full harness. Designed to support the worker in suspension after a fall.

C. Connectors

Critical link where body support meets anchorage. Can be an energy absorbing lanyard, self retracting lanyard, rope grab, etc.

Important Standards to Know

- 1926.501 - "Duty to provide fall protection"
Applies when workers are working at heights of 6 feet or more above a lower level.
- 1926.501(b)(1) - "Unprotected sides and edges"
Each employee on a walking/working surface with an unprotected edge which is 6 feet or more above a lower level shall be protected
- 1926.502(b)(1) - "Guardrail height requirements"
Edge height of top rails, or equivalent rail system members, shall be 42 inches plus or minus 3 inches above the walking/working level.



National Safety Stand-Down

OSHA's National Safety Stand-Down is a voluntary event for employers to talk directly to employees about safety and the importance of fall hazards and prevention. Fatalities caused by falls remains the leading cause of death for construction workers. **Those deaths were preventable.**

NATIONAL SAFETY STAND-DOWN

TO PREVENT FALLS
IN CONSTRUCTION

MAY 3-7, 2021



Photo: Tara Garner - Under Construction Photography

Stop Falls Stand-Down

- Plan a toolbox talk or other safety activity
- Take a break to talk about how to prevent falls
- Provide training for all workers

For more information:

www.osha.gov/StopFallsStandDown

[#StandDown4Safety](https://twitter.com/StandDown4Safety)

1-800-321-OSHA (6742) • TTY 1-877-889-5627



U.S. Department of Labor



Safety Pays. Falls Cost.

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