



Introduction

Falls can be the result of several problems in the workplace, including unprotected floor holes, sides and edges. By knowing common fall hazards and using the proper type of fall protection, you can keep yourself protected. At any time, if a worker is at a height of four feet or more above a lower level, the worker must be protected.

Falls can also be the result of lack of structural integrity of a working surface or even improper use of a ladder. Fortunately for workers, there are many different types of fall protection to suit the needs of the job.

Common fall hazards

- Unprotected sides, edges, wall openings, and floor holes.
- Improper ladder use or position.
- Balconies or porches without guardrails.
- Stairs, ramps, runways and platforms.
- Working levels above the floor, ground or other working areas.
- Elevated aerial devices, such as boom lifts or equipment with articulating arms.
- Scaffolding



Fall protection types and uses

- **Guardrail systems:** Used to protect workers from falling through walls, floor openings or window openings that are 6 feet or higher above a lower level.
- **Safety net systems:** Netting used to prevent worker falls and falling tools or debris to lower levels.
- **Personal fall arrest systems (PFAS):** A system designed to safely stop a fall before the worker comes into contact with a lower level. This includes an anchor point, full body harness and a connector, such as a lanyard.
- **Floor or hole covers:** A secure hole cover that prevents workers from accidental falls and falling debris.