

Worksite: _____ Instructor: _____ Date/Time: _____

TOPIC C851: FOCUS FOUR: FALLS

Introduction: The Occupational Safety and Health Administration (OSHA) developed the Construction Focus Four Module to help workers understand common hazards. This is part of the training required in 10 and 30 hour OSHA Construction Outreach Training Program classes.

A fall hazard is classified as anything in the workplace that could cause you to lose your balance or bodily support and result in a fall. Identifying fall hazards and addressing them with proper safety equipment, training and standards will drastically reduce the potential of one of the most common workplace fatalities. Frequent types of fall hazards are: improperly constructed scaffolding, unstable surfaces and unsafe portable ladders.

Scaffolding: Scaffolding creates an elevated work space with varying levels of height, all of which are dangerous in the event of a fall. An improperly constructed scaffold can create hazards such as lack of access, open and unprotected ledges, and unsafe planking.

Avoid scaffolding related injuries by ensuring that construction and positioning are done correctly and meticulously. Allow for safe and unrestricted access. Protect and remain mindful of open ledges. Use fall-protection equipment such as harnesses and lanyards. Check that wooden planking is solid and sturdy.

Surfaces: Roofs, structural steel and floors with sub-level space are examples of surfaces that have fall hazards. Falls to a lower level are one of the most frequent kinds of work-related injuries that result in serious harm or fatalities. Unsafe ledges, absence of proper equipment and unprotected/unmarked holes and skylights are leading contributors.

As with scaffolding, take care with ledges that are open to lower levels. If you're working near these edges, wear equipment that will anchor you to your station. Open holes and skylights are hazardous if they aren't clearly marked and protected. Label openings that you can't cover, and be aware of hazards if you're carrying large materials that block your forward view.

Portable Ladders: Falls from ladders account for many fatalities. Overreaching, slipping on steps, poorly-positioned ladders (either at the top or the bottom), defective equipment and selecting the wrong ladder for a given task are some of the ways that ladders are commonly involved in fall injuries.

Carefully climb the ladder using one rung at a time always making a three point contact at all times. Wear the correct shoes with good traction to avoid slipping. Include gloves if the ladder's rungs are smooth without serrated traction. Position the ladder firmly and correctly at both its base and its top, making sure to secure the ladder at the top and clear any unstable materials from around the ladder's base. Read warning labels, specifically the class of ladder to determine if it will handle your weight with any tools or equipment. Select the appropriate ladder for each job, and always guarantee that the ladder extends at least three feet above the destination surface to promote safe dismount.

Employee Attendance:(Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.