

# SAFETY

\_\_\_\_\_  
Company Name

\_\_\_\_\_  
Meeting Date

Employees Present:

_____	_____
_____	_____
_____	_____
_____	_____

**SUBJECT OF THE MONTH: FALL PROTECTION**

Falls from heights can result in some of the most serious injuries found in construction. Employers must train employees in fall protection, provide them with safety equipment, and supervise them to be sure that they are following correct guidelines. In general, OR-OSHA requires fall protection whenever employees are working on unguarded surfaces 10 feet or more above a lower level. Of course, falls from less than 10 feet may also result in injuries, so make safety a priority at any height. The article on the back of the page summarizes this topic.

**CHECKLIST ITEMS**

- |   |                       |
|---|-----------------------|
| _____ Electrical Cords Checked & GFCI's to protect employees                  |                       |
| _____ Required Jobsite Postings:  |                       |
| _____ (Emergency Phone #'s and "Safety & Health Protection on the Job" Poster |                       |
| _____ Emergency Medical Plan  | _____ Tool Guards     |
| _____ Fire Protection/Prevention  | _____ First Aid Kit   |
| _____ Hazard Communication Program  | _____ Fall Protection |

**JOBSITE REVIEW: Inspection Notes/Concerns/Action Plan**

\_\_\_\_\_

\_\_\_\_\_

Company Safety Officer: \_\_\_\_\_

**NOTICE OF RESPONSIBILITY**

The Oregon Building Industry Association's Central Safety Committee's purpose is to provide safety guidelines, information and resources to help our members work more safely and reduce jobsite accidents.

Full and active monthly participation in safety meetings using the Central Safety Committee's agendas, topics and checklists will only meet safety committee requirements. It remains your responsibility to comply with all aspects of safety rules and regulations.

0608

**FALL PROTECTION** – Originally submitted by Mike Erdmann, Executive Officer, Marion-Polk BIA  
Updated by Doug Plemons, Loss Control Supervisor, Contractors Insurance Services, Inc.

For your safety meeting this month, the Central Safety Committee suggests that you discuss the contents of this article with your employees. Make sure that everyone understands the regulations. Also, check to see that your jobsites have all the proper fall protection measures in place.

**Slideguards** OR-OSHA applies the following interpretation to roofing work:

1. On sloped roofs with a pitch 3:12 through 6:12 and a ground-to-eave height greater than 10 feet, but not to exceed 25 feet, the following method of fall protection is acceptable:
    - 2 x 6 roofing brackets set no closer than 6 inches from the bottom edge of the roof.
    - On sloped roofs with pitches greater than 6:12 through 8:12 and a ground-to-eave height greater than 10 feet, but not to exceed 25 feet: Multiple roofing brackets set at least every 8 feet vertically.\*
  2. On sloped roof with pitches greater than 8:12 or ground-to-eaves height exceeding 25 feet:
    - Roof brackets are NOT acceptable. The only acceptable fall protection for the situation described in number 3 includes safety line, guardrails, catch platforms, scaffold platforms, or the equivalent.
- NOTE: Ladders or fall protection (harness and line, guardrails, catch platforms, scaffold platforms, or the equivalent) must be afforded employees laying the first course of sheathing upon which the roofing brackets are attached and when attaching the roofing brackets.

**Training Program** The employer is to provide a training program for each employee who might be exposed to fall hazards such that each employee can recognize the hazards of falling and knows the procedures to be followed to minimize these hazards. The employer's competent person shall train each employee, as necessary, in the nature of fall hazards in the work area; the correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used; the use and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, personal fall restraint systems, slide guard systems, positioning devices, and other protection to be used; the role of each employee in the safety monitoring system if/when this system is used; the limitations on the use of mechanical equipment during the performance of roofing work; the correct procedures for the handling and storage of equipment and materials and the erection of overhead protection; and the role of employees in the fall protection work plan.

The employer is to verify that each employee has been trained by keeping a **written certification record** containing the name of the employee trained, training date(s), and the signature of the person who conducted the training or the signature of the employer. If the employer relies on training conducted by another employer or completed prior to the effective date of this section, the certification record shall indicate the date the employer determined the prior training was adequate rather than the date of actual training.

**Other Situations** Although roof work is perhaps the most frequent and obvious situation in which fall protection is needed, there are other times when fall protection is required:

- **Top plates:** (Walking/Working surface) when over 10 feet in height (either to the inside floor or outside ground level), you must use a positive means of fall protection.
- **Layout, nailing, tilting and bracing of walls:** You are allowed a "floor" (not to exceed 10 feet in height) as long as the work is done to the leading edge . . . the edge of the floor from which the walls are being built, tilted, or braced. Harness-type protection is required for workers involved in the construction process on top of the beams. (i.e., safety harness, lanyard, static lines, catch platforms, etc.)
- **Open-sided floors, platforms or stairways landings:** Must have standard guardrails when 6 feet or higher.
- **Guardrails** need a top rail, midrail, toe boards and posts. The top rail should be 42 inches plus or minus 3 inches above the walking/working level; the midrail should be 21 inches. Posts should be of at least 2" x 4" stock with spaces not to exceed 8 feet. The top rail should also be of at least 2' x 4" stock, and the midrail should be at least 1 x 6 stock. If toe board is used it should be a minimum of 3 1/2 inches in height. Guardrails need to be able to withstand a minimum 200-pound deflection throughout the system horizontally.
- **Wall openings:** Must also have a guardrail when there is a drop of more than 6 feet. The bottom of the opening is less than 30 inches high and 18 inches wide and is above the working surface. Examples are windowsills less than 3 feet above the floor or elevated (second level) openings in 16-inch o.c. stud walls.
- **Floor openings and holes:** Must be either protected with standard guardrails or be capable of supporting, without failure, at least twice the weight of employees, equipment, and materials that may be imposed on the cover at any one time. Examples you might find on your jobsite may include HVAC openings, fireplace openings, or skylight openings.
- **Runways and ramps:** Must have guardrails whenever they are used at 6 feet or more above ground level.