

# Guardrails: General Fall Protection and Awareness



Falls are a leading cause of construction injuries and fatalities. Workers can fall from ladders, scaffolding, vehicles, heavy equipment, aerial lifts, holes or openings in floors or roofs, platforms, and roofs.

### **Bill's Story**

Bill was supervising three employees who were placing air- handler units on a third floor during a building remodel. He was using a wheeled pry bar to lift up an air handler so the workers could place a galvanized pipe underneath as a roller. Bill was about a foot from the unguarded edge. As he applied pressure to the pry bar it slipped and he lost his balance. He fell 23 feet to the cement floor below and died.

- 1. How could this incident have been prevented?
- 2. Have you ever known anyone who fell because of a missing guardrail?

### **Remember This**

- Your employer must provide every employee with training on how to recognize a fall hazard and fall protection.
- Guardrails, safety nets, and/or fall-arrest harness systems must be in place if there is a risk for falls.
- Guardrails are required on work surfaces when workers are exposed to falls greater than 6 feet.
- Guardrails must be 42 inches high and have a mid-rail.
- If guardrails cannot be provided, then body harnesses with lanyards and secure attachment points must be used.

### How can we stay safe today?

What will we do here at the worksite to prevent injuries due to lack of fall protection?

| 1.         |   |
|------------|---|
|            |   |
| <b>Z</b> . |   |
| 3.         |   |
|            | OSHA REGULATIONS: 1926.501 and 1926.503 |

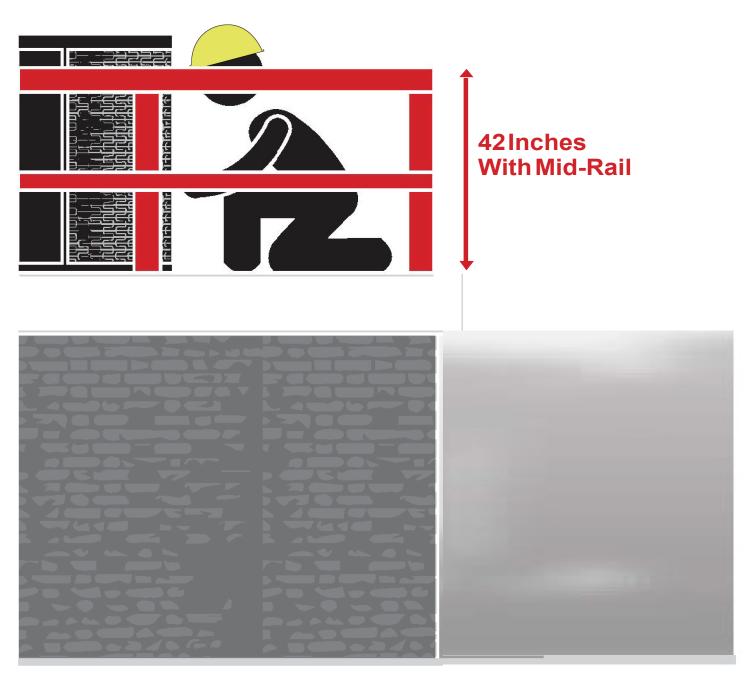
©2017, CPWR-The Center for Construction Research and Training. All rights reserved. CPWR is the research and training arm of NABTU. Production of this document was supported by cooperative agreement OH 009762 from the National Institute for Occupational Safety and Health (NIOSH). The contents are solely the responsibility of the authors and do not necessarily represent the official views of NIOSH.





## **Guardrails: General Fall Protection and Awareness**





- Guardrails are required on work surfaces when workers are exposed to falls greater than 6 feet.
- Use body harnesses with lanyards and secure attachment points if guardrails cannot be provided.