

WORKER SAFETY

Working at Heights

Fall protection is required at 4 feet or more above a lower level.

A person falls 4 feet in just half a second without protection.

Falls are the second-leading cause of workplace deaths in the U.S.

01

When Protection Is Required

Any working surface 4 feet or more above a lower level requires fall protection.

This applies to horizontal and vertical surfaces with unprotected edges.

02

Fall Restraint Systems

Guardrails must have a top rail 39"–45" high, able to withstand 200 lbs.

A personal fall restraint belt keeps you from reaching an unprotected edge.

03

Fall Arrest Systems

Full body harness, shock-absorbing lanyard, lifeline, and 5,000-lb anchorage.

Anchor above your head. The shorter the tie-off, the shorter the fall.

04

Equipment Inspection

Inspect ropes, harnesses, and hardware for fraying, cracks, or defects daily.

Tag and remove any defective equipment. Replace all gear involved in a fall.

PRE-WORK FALL PROTECTION CHECKLIST

Complete before working at heights.

- ☐ Identify work areas 4+ feet above lower level
- ☐ Confirm guardrails are in place and at 39"–45" height
- ☐ Inspect harness for fraying, broken buckles, or cracks
- ☐ Inspect lanyard for damage; no knots allowed
- ☐ Confirm anchorage supports 5,000 lbs per worker
- ☐ Tie off above the head, not at the feet
- ☐ Ensure free fall distance is limited to 6 feet
- ☐ Never unhook from fall protection when exposed to a fall