



# Tailgate/Toolbox Safety Training

Safety Services Company-Safety Meeting Division, PO Box 6408 Yuma, AZ 85366-6408 Toll Free (866) 204-4786



Company Name: \_\_\_\_\_ Job Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Foreman/Supervisor: \_\_\_\_\_

## Topic 280: Fall Protection (Subpart M, Part B)

**Introduction:** OSHA regulations state that "Employers shall provide and install all fall protection systems required before an employee begins work." Falling from heights is the leading cause of injury in the construction industry and accounts for 34% of all construction fatalities. In order to reduce injuries and deaths from falls, numerous Fall Protection standards have been enacted. Fall Protection requirements are determined by the type of work is being done and consists of barriers, guardrails, harnesses, belts, lanyards, anchorages, and assorted deceleration devices. The guardrail system consists of top-rails, mid-rails, and posts that prevent falling. Fall arrest systems consist of body belts or safety belts that are wide, padded straps that secure around the waist for attachment to a lanyard, lifeline, or a deceleration device. Body harnesses are connecting straps that secure about a person in a manner that distributes fall arrest forces over thighs, pelvis, waist, chest, and shoulders; with means to attach to other components of the fall arrest gear.

**Personal Fall Arrest Systems (PFAS) connections must be forged, formed steel or equivalent material with a minimum tensile strength of 5000 lbs.**

- PFAS must be inspected prior to each use and after any fall for wear, damage, deterioration or defective components.
- Body belts are not acceptable as part of a personal fall arrest system.
- Lanyards, lifelines, webbing and strength components must be made of synthetic fiber and have a minimum breaking strength of 5000 lbs.
- Anchorages used for attachment of PFAS must be capable of supporting at least 5000 lbs. per person attached.
- When stopping a fall, PFAS must limit arresting force on an employee to 1,800 lbs., be rigged so an employee can neither free fall more than 6 ft., contact any lower level, and bring an employee to a complete stop.



**Positioning Device Systems (PDS) may use body belts and must be rigged so that an employee cannot fall more than 2 ft.**

- PDS must be inspected prior to each use; defective components must be removed from use. PDS anchorage must support at least 3000 lbs.

**Guard Rail Systems and their use must comply with the following:**

- Top rail height will be 39-45 inches above the working / walking level.
- Mid-rails, screens, mesh, or intermediate structural members must be installed between the top edge of the guardrail and floor when there is no wall at least 21 inches high.
- Mid-rails must be halfway between the top rail and floor.
- Screens and mesh must cover the entire opening between the top rail and floor.
- Intermediate members must be no more than 19 inches apart.
- Guardrail systems will be surfaced to prevent injury by punctures or lacerations and to prevent snagging of clothing.
- When guard rails are used around a hole it must be placed on all unprotected sides of the hole and must not have more than 2 removable sides to allow passage of material. When not in use, the hole must be closed off. If the hole is used as an access point, such as a ladder way, the guardrail must have a gate or be offset so that a person cannot walk directly into the hole.
- Guardrail systems used on ramps and runways must be erected along each unprotected side.



**Safety Net Systems will comply with the following:**

- Safety nets will be installed as close as is practical under the walkway/working surface, but in no case more than 30 ft. below such level. When used on bridges, the area between the walkway/working surface and net must be unobstructed.
- Safety nets will be installed with enough clearance under them to prevent contact with structures under them, but not less than 42 inches.
- Safety nets and installations must be drop tested after initial installation, before being used as a fall protection system, whenever relocated, repaired, or at 6 month intervals if left in place.
- Defective nets must not be used. Safety nets will be inspected at least once a week for wear, damage, and other deterioration.
- Materials, scrap pieces, equipment and tools which have fallen into the safety net will be removed as soon as possible.
- Safety nets must have a border rope or webbing with a minimum 5000 lbs. breaking strength.
- Connections between nets will be at least as strong as the net and not more than 6 inches apart.



**Conclusion:** When working at heights from ladders, roofs, or scaffolds, protect against falls by using the appropriate Fall Protection equipment. Ensure that a proper guardrail system is in place. Never latch your lanyard to the railings; always clip your lifeline onto the proper anchoring system. Follow these guidelines for proper use of Fall Protection.

### Work Site Review

Work-Site Hazards and Safety Suggestions: \_\_\_\_\_

Personnel Safety Violations: \_\_\_\_\_

**Employee Signatures:** \_\_\_\_\_ (My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

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**Foreman/Supervisor's Signature:** \_\_\_\_\_

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.