



QUALITY | PRIDE | SERVICE

TOOLBOX TALK August 21, 2023 Fall Protection

Falls are a leading cause of serious injuries and fatalities that occur in the workplace. According the Bureau of Labor Statistics, there were 645 workplace fatalities due to falls to a lower level in 2020. It is important to look at unsafe conditions as well as unsafe actions to recognize hazardous situations when working at heights.

Unsafe Conditions that Lead to Falls:

- Open holes
- Improper guardrails
- Damaged equipment (ladders, stairs, safety equipment, etc.)
- Slippery conditions
- Unmarked elevation changes
- Unguarded leading edge

Unsafe Actions that Lead to Falls:

- Working at heights without fall protection or fall prevention methods in place
- Improper use of ladders
- Leaning over guardrails

Best Practices to Avoid Falls in the Workplace:

The best way to avoid falls is by eliminating work tasks that require working at heights in the first place. Obviously, elimination is not always possible, so the risk of falling must be mitigated through safeguards.

- Engineering controls such as physical barriers and guardrails are two fall prevention systems that are effective in preventing falls from heights.
- Using a proper fall arrest system such as a full-body harness, self-retracting lanyard, and approved anchor point with 100% tie-off is another way to prevent or mitigate the consequences of a fall.

We are an equal opportunity employer

430 West Padonia Road, Timonium, Maryland 21093 > grayson.com > T: 410.771.4311

- Proper use of **ladders**. This includes using three points of contact when climbing, not leaning to one side while on the ladder, setting the ladder at the proper angle, securing the ladder, etc.
- Proper housekeeping in work areas is important in preventing falls at the same level as well as falls from heights.
- Warning signs and other methods of communicating fall hazards to nearby workers.

Lenny Corbin (410)365-4156 ~ Mike O'Malley (443)244-2026 ~ Shelly Welling (410)365-5663
Jordan Babischkin (443) 960 6321

