



A-Z SEED - F

Fall From Elevation

Falls may be classified into three general categories:

1. Slips, trips, and falls on the same level;
2. Falls on stairs;
3. Falls from elevations.



The following are fall hazards that require protection:

- Open-sided floors, platforms, and runways four feet or more in height;
- Open-sided floors, ramps, and walkways that are adjacent to or above dangerous operations must be guarded regardless of height;
- Wall openings from where there is a drop of more than 4 feet;

- Open windows from which there is a drop of more than 4 feet, and the bottom of the window is less than 3 feet above the floor or platform;
- Hatchways and chutes floor openings;
- Any opening more than 4 feet in elevation where a significant portion of the body is leaning over or through to perform work.
- Skylights that are even with the roof surface, or that may otherwise serve as a walking/working/sitting surface;
- Scaffolds over 6 feet;
- Fixed ladders over 20 feet;
- Aerial lifts

Fall hazards must first be eliminated through job planning, work process changes and then engineering controls, if feasible. When work process changes or engineering controls are not feasible, then personal fall arrest systems, administrative controls, and training must be instituted.

A supervisor determines if engineering controls can eliminate or lessen the hazard of the work area or job site. Apply fall

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protection in the following order of preference:

1. Process change resulting in no work at height or no fall hazard exposure;
2. Guardrails or enclosures;
3. Covers – load bearing for covering floor openings;
4. Aerial lifts;
5. Fall restraint;
6. Motion stopping system with full body harness;
7. Fall Arrest System with full body harness;
8. Safety nets.



Keep areas of the workplace in good condition, clean, orderly, and as dry as possible, including

- All spills should be cleaned promptly. Floors in work areas must be kept free

of scraps, chips, oil spills, and other debris;

- Areas which are constantly wet should have non-slip surfaces or mats where workers may walk or work. Where wet processes are used, good drainage must be maintained and proper footwear should be worn;
- Every floor, working place, and passageway must be maintained free from protruding nails, splinters, holes, and loose boards;
- Where mechanical handling equipment is used, such as lift trucks, sufficient safe clearance must be provided for foot and vehicular traffic;
- No obstructions that could create a hazard are permitted in aisles. All permanent aisles must be easily recognizable;
- As a general condition, a standard toe board and guardrail are required wherever people walk near or beneath the open sides of a platform or similar structures; where things could fall from a structure; or where things could fall from a structure into machinery below.

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PPE:

Use Personal Protective Equipment (PPE) to minimize fall hazards where engineering controls do not eliminate the hazard, or in conjunction with engineering controls.

Use appropriate footwear with non-slip soles and treads in good condition when working at height.

Use only full-body harnesses for fall arrest. The use of a body belt is prohibited, except for fall restraint/prevention.

Ensure that only trained and qualified personnel are performing work at heights.

Apply fall protection PPE in order of priority as follows:

1. Apply restraint systems first wherever feasible;
2. Positioning systems may be applied second, as long as access and egress to and from the work location uses a fall prevention system;
3. Fall arrest systems may be used as a last resort to provide fall protection to personnel whose work can not be

feasibly protected by either eliminating the need to work at height, or a fall prevention system

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