

# TOOL BOX TALKS

## Personal Fall Arrest Systems

Falls from elevations are the leading cause of fatal injuries in the construction industry. In fact, half of all work-related fatal falls in the United States occur in the construction industry. Buildings and structures, scaffolds and ladders are the primary locations from which fatal falls occur in the construction industry. Did you know that one out of every five-workplace fatalities is a construction employee? Review the following information with employees.

## WORKSAFE TIPS

### FALL FACTS

- The average cost per fall injury is \$89,793
- Falls off roofs are 3% of injuries seen by MEM
- Average cost of a fall from a roof is \$63,733

### FALL PROTECTION – WHAT IS IT?

- Guard railing
- Slide guards
- Harness, Connector, Anchorage
- Personal Fall Arrest System (P.F.A.S.)
- Fall protection must do the following:
  - Eliminate fall hazards
  - Ensure workers who may fall are not injured.

### P.F.A.S. TRAINING

- How to select and install a secure anchorage
- How to select and use connectors
- Putting on and using a full-body harness, should fit snug, with all hardware and straps properly fastened and maintained to manufactures specs
- How to correctly attach and use a lanyard
- When a deceleration device is necessary
- How to erect and use a lifeline
- Procedures for using retractable devices
- Estimating fall distances and avoiding swing falls
- How to inspect and maintain the system
- How you will be promptly rescued if you fall
- Safety line anchorages must be capable of supporting at least 5,000 lbs. per employee
- Body belts are not acceptable for fall arrest

### COMPONENTS OF A P. F. A. S.

- Anchorage point
- Connector
- Body harness with D-ring connector in the back

### INSPECTING P.F.A.S. EQUIPMENT

Remember that this equipment can save a life

Inspect components of the PFAS before use

- Anchorage has not been damaged or altered
- Anchorage supports a 5,000-lb. load
- No damage, rust, or deterioration on anchorage
- Connecting rope, lanyard not frayed, cut, or worn,
- Connecting clips not damaged, function well
- Connecting clips have a secondary safety clip
- Harness for frayed, cut or worn straps
- Harness for damaged D-ring, buckles and eyelets

### BEST PRACTICES

- Keep employees away from roof edges
- Set up the PFAS to limit access to roof edges
- Belts or rope loops around waist not acceptable

### RESCUE

- Plan for rescue when PFAS is used
- Harness cuts off leg femoral blood flow
- Employee may die if not rescued quickly
- What tools are needed for prompt rescue?
- Who is available to perform the rescue?

### PUTTING ON A HARNESS

- Hold the harness by the back D-ring.
- Shake harness and allow all straps to fall in place.
- With waist and/or leg straps unbuckled, release snaps and buckle at this time.
- Slip shoulder straps on, D-ring to middle back.
- Connect the waist strap tight, but not binding.
- Connect buckle strap between legs
- Tighten all friction buckles so harness fits snug but allows free range of motion.
- Fasten chest strap in middle chest area, taught.
- Reconnect waist strap after harness is removed.
- Store clean, dry and protected from sharp edges.

**Toe Board if  
Work Below**

**Work SAFE**

**Smart, Accident-Free Environments**

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