



## Fall Protection

*Ref: 1926.502 Fall Protection Systems Criteria and Practices*

- The top edge of guardrails must be between 39 and 45 inches high.
- Mid rails, screen, mesh or intermediate vertical members must be installed between the top edge of the guardrail and the walking/working surface when there is no wall or parapet wall at least 21 inches high.
- Guardrails must be capable of withstanding a force of at least 200 pounds applied within two inches of the top edge in any outward or downward direction.
- With 200 pounds of downward force the top edge of the guardrail must not deflect to less than 39 inches.
- Mid rails, screens, mesh and intermediate vertical members must be capable of withstanding a force of at least 150 pounds applied in any downward or outward direction at any point along the mid rail or other member.
- Guardrail must be surfaced in a way that will prevent punctures, lacerations, and snags.
- The ends of the top rails and mid rails must not overhang terminal posts unless an overhang would not create a projection hazard.
- Steel and plastic banding must not be used on top and mid rails.
- Top and mid rails must be at least one quarter inch nominal diameter or thickness.
- When guardrail is used in hoisting areas, a chain, gate or removable guardrail section must be placed across access opening when hoisting operations are not taking place.
- When guardrails are used at holes, they must be erected on all unprotected sides or edges.
- When guardrails are used to protect holes which are used for passage of materials, not more than two sides can be protected by movable guardrail. Safety nets must be installed as close as possible, but not more than 30 feet below the walking/working surface.
- Safety nets must extend outward from the outermost projection of the work surface (see regulations for distances). Drop tests must be performed on safety nets by dropping a 400 pound 30-32 inch diameter bag of sand into the net from the highest walking/working surface (but not less than 42 inches).
- When it is unreasonable to perform a drop test on a net, the employer or a designated competent person must certify that the net and net installation are in compliance with this standard.
- Nets must be inspected at least once a week and defective nets and parts must be removed from service.
- Effective January 1, 1998, body belts are not accepted as part of a fall arrest system.
- Lanyards and vertical life lines must have a minimum breaking strength of 5,000 pounds.
- Personal fall arrest systems, when stopping a fall, must limit the maximum arresting force on the worker to 1,800 pounds when used with a body harness.
- Personal fall arrest systems must be rigged so that the worker can neither fall more than six feet nor contact any lower level.
- Positioning devices must be rigged to prevent free falls more than two feet.
- Warning lines must be erected around all sides of a roof work area. Controlled access zones must be defined by a control line or other means that restrict access.
- The employer must provide training for each worker that may be exposed to fall hazards.
- The employer must keep a written certification record to verify compliance with training requirements.
- The employer must provide retraining when workers do not have the understanding and skills required by initial training.

**HOW THIS TOPIC APPLIES TO THIS JOB:**

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**ATTENDEES: Print Name / Signature (use back if necessary)**

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**DATE:**

**SUPERVISOR / FOREMAN SIGNATURE:**

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**JOBSITE / PROJECT#:**

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