

# WAYNE STATE UNIVERSITY

## FP&M Safety Talk – Highlights of the Fall Protection Standard

Date \_\_\_\_\_

Trainer: \_\_\_\_\_

Fall protection must be provided at 6' or higher, this includes: holes, skylights, ramps, walkways, wall openings, roofs, any other walking/working surface. Excavation over 6' require barriers or guardrails if they are wells, pits, shafts, or similar OR if the excavation edge is not readily seen. Holes must be covered and covers must: withstand twice-anticipated load; be marked "hole" or "cover"; and, be secured. Choices for fall protection include:

1. Guardrails:
    - 42" high, plus or minus 3"
    - Toprail must support 200 lbs. outward and downward force
    - Midrails must support 150 lbs.
    - Wire rope must be flagged every 6'
    - Wire rope must not deflect more than 3"
  2. Safety nets:
    - fall distance into net no more than 30'
    - Nets extend beyond working surface 8', 10', or 13' depending on distance below surface
    - 400 lbs. drop test required for nets
  3. Personal Fall Arrest System (PFAS):
    - 100% tie-off required above 6'
    - Anchorage must support 5000 lbs
    - Free-fall distance must be limited to maximum of 6'
    - Harnesses and lanyards must be inspected daily
    - Lanyards must be shock-absorbing
    - A Rescue Plan is required that will provide a means to retrieve a victim that has fallen and is suspended by their harness and lanyard
- Overhand bricklaying has the option of using a controlled access zone
  - Workers on flat and low-sloped roofs have the option of using a warning line system. Six feet back from edge for roofers, 15 feet back for all other trades
  - Workers on steep roofs (greater than 4 in 12) must use either guardrails, nets, or personal fall arrest
  - Precast concrete erection workers must use either guardrails, nets, or personal fall arrest. Where infeasible, they must implement a written "fall protection plan"
  - Leading edge workers must use either guardrails, nets, or personal fall arrest. Where infeasible, they must implement a written "fall protection plan".

I have received this information:

| Print Name | WSU ID | Initials |
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