



FALL PROTECTION FOR GENERAL INDUSTRY ▼

29 CFR 1910.28

A fall from height can be career and life ending. More than 250 workers die each year because of falls from heights.

Be aware of fall-from-height hazards when working on ladders, stairs, roofs, elevated platforms and any other surface that is 4 or more feet above a lower level. Guardrails, toe boards, safety nets, lifelines and personal fall arrest systems are some of the safety items that can help prevent falls.

Taking time to thoroughly prepare for working on an elevated surface and staying alert while performing your duties will help you stay safe.

Keep these points in mind when working on an elevated surface:

- 1. Use the right type of ladder, stairway or scaffold for the job. Contact your supervisor if you are unsure which elevated surface you should be using
- 2. Maintain the points of contact when climbing.
- 3. Inspect personal fall protection gear equipment before each use for signs of wear such as fraying ropes and cracks in hardware.
- 4. Remove broken, defective or worn equipment and gear from service and prevent its reuse.
- 5. Verify that anchor points are secure and connected to a sound base or use guardrails to prevent falls.

Discussion Date: _____

Employee Participants:

Continue employee participants on back if needed ►

OUR SITE SPECIFIC REQUIREMENTS/PROCEDURES ▼

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