



Mission Success Starts With Safety



SSC Monthly Construction Contractor Meeting

Safety Presentation

OSHA Stand-Down For Fall Protection

May 04, 2023

10 YEARS

NATIONAL SAFETY STAND-DOWN

TO PREVENT FALLS
IN CONSTRUCTION

MAY 1-5, 2023



Photo: OSHA Construction

Stop Falls Stand-Down

- Plan a toolbox talk or other safety activity
- Take a break to talk about how to prevent falls
- Provide training for all workers

For more information:

[osha.gov/PreventFalls](https://www.osha.gov/PreventFalls)

#StandDown4Safety

1-800-321-OSHA (6742) • TTY 1-877-889-5627



OSHA 3740-202



Safety Pays. Falls Cost.

Why is Fall Protection Important?

Falls are among the most common causes of serious work related injuries and deaths. Employers must set up the work place to prevent employees from falling off of overhead platforms, elevated work stations or into holes in the floor and walls.



Fall protection is defined as any equipment, device or system that prevents an employee from falling from an elevation or mitigates the effect of such a fall. Through training, employees can learn the information necessary to properly use, inspect and maintain fall protection equipment at the jobsite. Learning these skills will help satisfy requirements for documented training to become an authorized user of such equipment.

OSHA requires that fall protection be provided at elevations of four feet in general industry workplaces, five feet in shipyards, six feet in the construction industry and eight feet in longshoring operations. In addition, OSHA requires that fall protection be provided when working over dangerous equipment and machinery, regardless of the fall distance.

SSC Fall Protection Requirements:

- Fall protection in general industry is required for activities executed at heights greater than four feet from fixed flooring, decking or platform structures
- Fall protection in construction industry is required for all work executed at or above six feet in height
- Fall protection is required on ladders higher than twenty-four feet
- Fall protection is required when working on low-sloped roofs
- Fall protection is required when operating aerial lifts and boom lifts



Plan. Provide. Train.

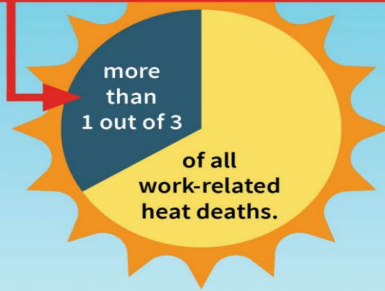
Three simple steps to preventing falls.

The SSC Fall Protection Program is documented in Stennis Common Work Instruction [SCWI-8715-0003](#). It outlines the general operating requirements for protecting personnel and preventing injuries/death due to the hazards of falling from heights and falling off, onto or through working levels, as well as including guidelines for protection from falling objects.



EXTREME HEAT AND CONSTRUCTION FALLS

Construction workers account for



Extreme heat can affect balance, reduce awareness of danger, and slow your reaction time.

Heat exposure **INCREASES RISK** of traumatic injuries such as falls.

YOUNGER AND OLDER
(18-34) (>54)
workers are most at risk.



What to do:

- Provide water and easy access to toilets.
- Train workers to understand how heat stress affects their health and safety.
- Develop a heat awareness campaign that addresses fall injuries.
- Onsite, have everyone drink extra water to prevent the onset of heat stress.

Download and use the free **OSHA-NIOSH Heat Safety Tool app**



Join the Campaign to Stop Construction Falls!

www.stopconstructionfalls.com



Sources:
Calkins MM, et al. A case-crossover study of heat exposure and injury risk among outdoor construction workers in Washington State, 2019. Scand J Work Environ Health 2019, 45(5):588-599. <https://doi.org/10.5271/sjweh.3814>
NIOSH Heat Stress, <https://www.cdc.gov/niosh/topics/heatstress/>

Falls in Construction

Wear a harness and always stay connected

Make sure your harness fits

Use guardrails or lifelines

Inspect all fall protection equipment before

use

Guard or cover all holes, openings, and

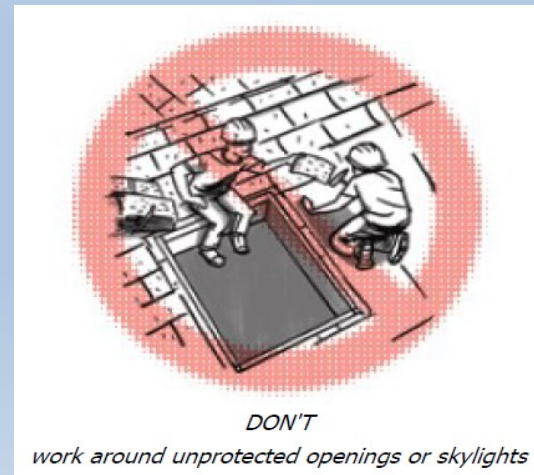
skylights



DON'T
disconnect from the lifeline



DON'T
use defective equipment



DON'T
work around unprotected openings or skylights