

# FALL PROTECTION

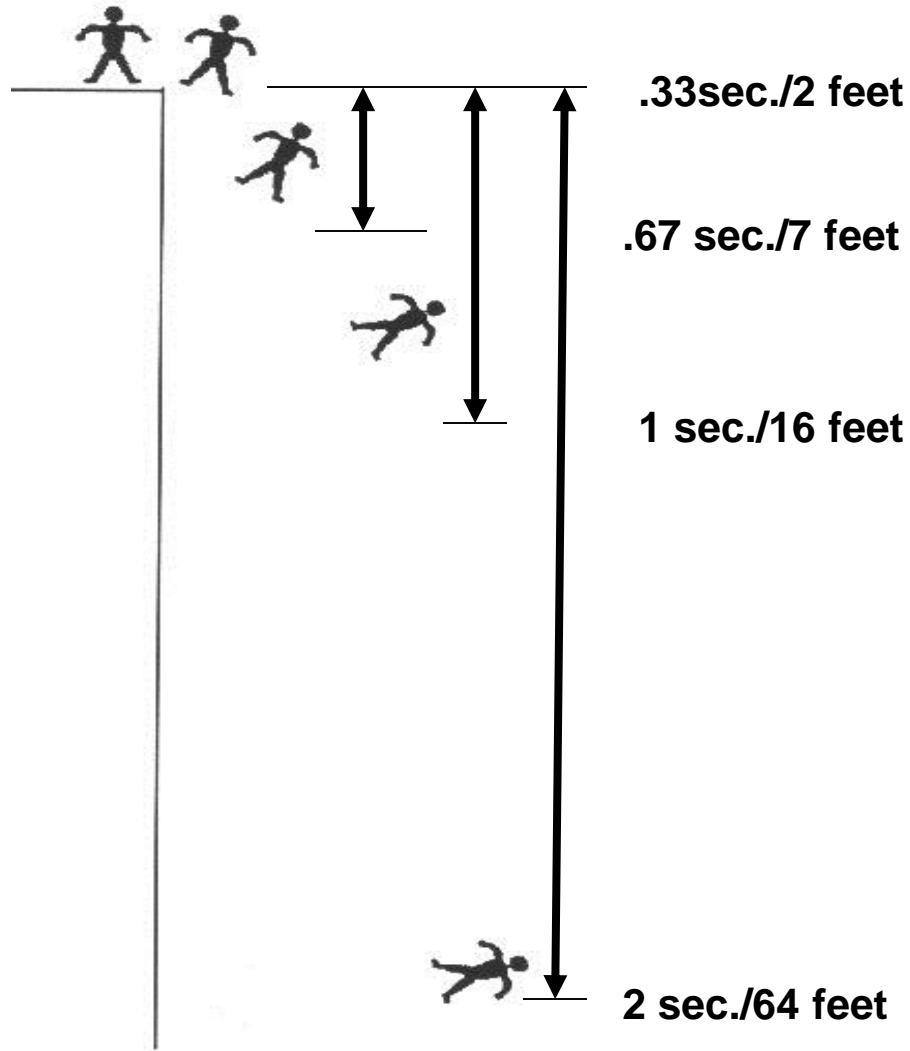
5/2/2019

CONTRACTOR SAFETY MEETING



**"You weren't listening. I said, 'Don't fall.'"**

# Anatomy of a Fall



- It takes most people about 1/3 of a second to become aware.
- It takes another 1/3 of a second for the body to react.
- A body can fall up to 7 feet in 2/3 of a second.

# Planning for Fall Protection

- Best practice dictates that fall protection becomes an integral part of the work planning process, from constructability, to systems installation, to use and maintenance
- The workplace cannot be truly safe unless fall protection is incorporated into every phase of the process
- Planning will keep workers safe and minimize fall exposures

# Controlling Fall Exposures

- **SCWI-8715-0003**

## **SSC Requirements**

Fall Protection conforming to OSHA 29 CFR 1910.23 *Guarding floor and wall openings and holes*, shall be provided to the maximum extent possible. It is NASA SSC policy that whenever possible, guardrails/stairway railings will be provided and used. When guarding is not possible, alternate methods of employee protection shall be utilized to include: Personal fall arrest systems, fall restraint systems, positioning device systems, or safety net systems.

SSC has a 100% Fall Protection Program. Employees shall be provided fall protection whenever they are placed into situations outside of secured work areas protected by finished or temporary guardrails and the potential fall exposure is greater than that addressed in applicable OSHA General Industry or Construction standards.

# Fall Protection Hierarchy

- Elimination
- Prevention (Guardrails, etc.)
- Fall/Travel Restraint (Harness and “leash”)
- Fall Arrest (PFAS)

# **Fall Protection Hierarchy (cont.)**

## Elimination

Eliminate the hazardous work practice.

Is this trip really necessary?

# Fall Protection Hierarchy (cont.)

## Prevention

A system which prevents a person from falling to a lower level.

Example: Railings



# Fall Protection Hierarchy (cont.)

## Fall/Travel Restraint

A system that will allow the worker to approach a fall hazard and work but will not allow the worker to fall to a lower level.

# Fall/Travel Restraint At Work



# Fall Protection Hierarchy

## Fall Arrest

- A system designed to stop someone after a fall has begun.



# Personal Fall Arrest System

## 100% Tie-Off

- ➔ *OSHA and NASA both require 100% tie-off when utilizing PFAS's.*
- 100% Tie-Off requires that PFAS's be anchored at all times while working at heights.*
- ➔ *This can mean using a "Y" lanyard to allow movement*

# Planning For A Rescue

- Whenever working with the potential of hanging by a harness, a rescue plan must be in effect.
- A written Hazard Analysis must be done and employees must understand the plan.



# PFAS Devices & Equipment

## Rescue Plan

- Personnel working at heights must have a rescue plan.
  - Know how to contact Emergency Responders
    - **911 from a landline phone**
    - **(228) 688-3636 from a cell**
- The buddy system (i.e. at least two persons on site)