Personal fall-protection systems include a body harness (safety belts are not allowed by OSHA any longer) and a lanyard that connects you to a substantial anchorage.

Inspect your equipment daily and before each use:

- Look for any defects in the equipment.
- Check the harness/lanyard for frays, cuts, or other damage, such as welding burns.
- Check the harness/lanyard for wear, especially around grommets and buckles.
- Look for distortion of the buckle.
- Be sure D-rings are free of breaks, cracks, rough edges, and distortion.

Maintain equipment:

- Keep equipment away from acids, caustics, and other corrosive materials.
- Avoid dropping equipment on the ground, and avoid sharp tools or objects.
- Never cut or rough-punch holes in equipment, as this can weaken the equipment and void the manufacturer’s warranty.
- Never use gasoline or other drying solvents on any equipment. Instead, lightly coat leather with neatsfoot oil or saddle soap. For fabric harnesses, use only special dressings recommended by the manufacturer.
- Store all equipment in dry compartments or hang them separately so they will not be damaged.

Safety Tip #8

Personal Fall-Protection Systems

Personal fall-protection equipment is the only thing between you and eternity if you happen to fall. Keep this in mind when maintaining your equipment.
Additional Information for Presenters
Review the information provided on the reverse side of this safety tip sheet. Please refrain from reading the information verbatim—paraphrase it instead.

Talking Points:
The number two cause of all workplace fatalities are falls, mostly from heights. According to the National Safety Council Injury Facts 2004, the average worker-compensation cost of a fall-related injury is $18,838. This ranks second behind motor vehicle accident injury costs.

OSHA Standards That May Apply:
1910.23 Guarding floor and wall openings and holes
1910.66 Powered platforms for building maintenance
1910.66 App A: Guidelines (Advisory)
1910.66 App C: Personal fall arrest system
1910.132 Personal protective equipment, general requirements
1910.269 Electric power generation, transmission, and distribution
1915.159 Personal fall arrest systems (PFAS)
1915 Subpart I: Personal protective equipment
1915.160 Positioning device systems
1918.85 Containerized cargo operations, including requirements for fall protection
1926.500, 501, 502, 503 Subpart M, App E: Fall protection (construction industry)

Links:
Occupational Safety and Health Administration
www.osha.gov
Construction Safety Council
www.buildsafe.org
Associated General Contractors
www.agc.org

Minnesota LTAP
Center for Transportation Studies
University of Minnesota
200 Transportation and Safety Building
511 Washington Avenue S.E.
Minneapolis, MN 55455
Phone: 612-626-1077
Fax: 612-625-6381
E-mail: mnltap@umn.edu
Web: www.mnltap.umn.edu

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