

DATE: 08/25/2022

TOOLBOX TALK

WORKING AT ELEVATIONS



A standard guardrail must be 42 (+/- 3) inches in height, have a mid-rail, and support a 200 lb force.



Harness, lanyard, rings, and other components must be inspected prior to each use. If the harness has ever been deployed or shows signs of damage, it must be removed from use immediately. Contact Facilities Safety and Risk for replacement.

**FACILITIES
MANAGEMENT
SAFETY & RISK**

385 South 1275
West Cedar City,
UT 84720
(435) 865-8141

Working at Elevations:

Injuries from falls are one of the most common and severe workplace accidents. In 2020, 805 U.S. workers suffered fatal injuries that resulted from a slip, trip, or fall incident. Slips, trips, and falls have remained the leading cause of injury to SUU workers for more than five consecutive years. Employees must understand how to identify fall hazards and the ways they can protect themselves.

Areas Where Fall Hazards Exist:

Any height greater than **4 feet (6 feet for Construction)** is considered a hazard and must be protected. This includes:

- Roofs
- Floor Openings
- Loading Docks
- Work Platforms

Ways to Protect Employees from Fall Hazards:

The most effective way to protect employees from falls is by eliminating the hazard. When elimination is not possible, passive systems such as guardrails and covers isolate the employee from the hazard.

	Passive Systems	Administrative Controls	Active Systems
	Guardrails Covers	Boundary Lines Signs Access Control	Fall Arrest Systems Positioning Systems
Protection Level	Best	Fair	Fair
Training Needed	Low	High	High
Maintenance	Low	Medium	High
Employee Effort	Low	High	High

Fall protection equipment must be used and cared for properly:

Guardrails-

- Always work within the confines of the guardrail
- Must meet design requirements (spacing, height, intended load, etc.) Of **CFR 1910.23** and **CFR 1926.502**

Floor Hole/Opening Covers-

- Must support the intended load or at least 400 lbs. (20,000 lbs if vehicle traffic)
- Must lay even with the floor; protruding covers create a tripping hazard

Warning Line System (Designated Area)-

- Must be erected 6 feet from the edge of the roof or fall hazard
- Allowed when work being performed is both infrequent and temporary
- Must be 34 inches high and visible in all weather conditions

Safe Work Distances-

- Minimum distance of 15 feet to the edge; travel within 15 feet will require fall protection
- Pathway must be clearly marked and employees need to be trained

Personal Fall Arrest System-

- Inspect anchors annually and have them tested every 10 years
- Ensure the lanyard is the correct length for the height you will be working at
- Ensure employees are trained on how to use, inspect, and maintain fall arrest equipment