

# Safety-Gram

## Title 45, Chapter 11

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# FALL PROTECTION

*Falls make up a large portion of fatal injuries in mining, and they're the second-leading cause of nonfatal injuries that occur at mine sites. These falls may be due to lack of training, improper use of fall protection equipment, lack of fall arrest systems, ineffective equipment, and more.*

The risk for falls is present in virtually every workplace, but the factors that lead to falls vary greatly. Unsafe actions by workers and unsafe conditions can both potentially cause falls.

### What Are Some Unsafe Conditions That Can Cause a Worker to Fall?

- Unguarded Leading Edges
- Unmarked Elevation Changes, Tripping Hazards
- Open Holes
- Improper Guardrails
- Damaged Equipment
- Improper Housekeeping (Slippery Conditions, Etc.)
- No Hazard Warning Signs
- Uncovered Cables, Wires, etc. Across Walkways

### What Are Some Unsafe Actions That Can Cause a Worker to Fall?

- Working at Heights Without Fall Protection
- Failing to Pre-Check Machinery and Equipment
- Not Wearing Proper Safety Equipment, Including Seatbelts
- Leaning Over Guardrails
- Not Keeping Hands Free When Climbing
- Improper Use of Ladders
- Storing Materials on Stairs or Walkways

### FALL PROTECTION AS SIMPLE AS A-B-C

**A. Anchor.** Ensure that the tie-off point, consisting of either an anchorage and anchorage connector or a life line, is directly overhead.

**B. Body harness.** Be certain to use a full body harness that is sized to fit your height and weight, with a D-ring on the back to attach the lanyard snap-hook. The correct fit adjustments of the straps around the thighs, pelvis, waist and shoulders are critical to the performance of the system.

**C. Connecting device.** Select the appropriate device between the anchorage connector or lifeline and the D-ring of the full body harness that best suits the conditions of the work environment. Consider the fall distance and the work activity to be performed when making the selection.

SOURCE: NIOSH



Section 917 (5) – Safety belts and lines shall be worn when men work where there is danger of falling, and a second person shall tend the lifeline when bins, tanks, or other dangerous areas are entered.

### FALL PROTECTION AS EASY AS 1-2-3

**1. Select & Inspect.** Select a stable anchorage and connector with the required strength, a full body harness that fits, and a lanyard type and length based on the application and distance. Inspect your harness and lanyard for wear. Remove all damaged items.

**2. Put on.** Put on your full body harness and make the necessary adjustments for a correct fit. A proper fit of the straps around the thighs, pelvis, waist and shoulders is critical to the performance of the system.

**3. Tie off.** Attach the lanyard to the full body harness D-ring first and then connect the snap-hook of the lanyard to the anchorage connector or lifeline.

SOURCE: NIOSH



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