



Month: *September* Year: *2011*
 Week: *4*

Slips, Trips and Fall Prevention in Construction

Slips, trips or falls in construction work is an all too common occurrence in construction. Falls account for the majority of serious and fatal injuries in construction. About half of all fatal falls occur in construction.¹ Proper housekeeping, fall protection and use of ladders can help prevent these mishaps.

<p style="text-align: center;">Housekeeping</p> <ul style="list-style-type: none"> • Clean up oily or greasy material immediately. • Do not store materials or equipment within entry or exit paths. • Keep floors, platforms, stairs, and walkways in good repair. • Make sure work areas and travel paths are well-lit. • Keep building materials stacked in their proper area. <p style="text-align: center;">Ladders</p> <ul style="list-style-type: none"> • Do not use a damaged ladder. • Face ladder when climbing or descending. • Secure ladder to prevent movement. • Extend ladder 3' beyond landing. • Use ladder at proper angle – 4 to 1. • Never work from the top 2 steps of a stepladder. 	<p style="text-align: center;">Fall Protection - Required when the fall distance is 6' or greater</p> <p>Guardrails</p> <ul style="list-style-type: none"> • Handrails at 42" (+/- 3") – 200 lbs strength requirement, minimal deflection • Midrails – halfway between handrail and floor – 150 lbs strength requirement • Toeboard – at floor level, 3 1/2" high <p>Unprotected floor & roof openings (2" or >), including skylights need to be protected by adequate covers.</p> <ul style="list-style-type: none"> • Covers have to be able to support 2x the intended weight. • Secure against movement • Mark with "Hole" or "Cover" • Protect large holes with guardrails <p>Personal Fall Arrest System (PFAS)</p> <ul style="list-style-type: none"> • Use full body harness. Position D-ring in middle of the worker's back. • Snaphooks must be double locking type. • D-rings, snaphooks, shock-absorbing lanyards, and vertical lifelines must have minimum strength of 5,000 pounds. • When using vertical lifelines attach each worker to a separate lifeline. • Horizontal lifelines - designed, installed and used under supervision of a qualified person. • Protect all lifelines from cuts, abrasions and other damage. • Each anchorage must be capable of supporting at least 5,000 lbs. per worker attached.
--	---

Always wear proper footwear
 Keep snow & ice clear of work

¹ United States Department of Labor. Bureau of Labor Statistics. *Census of Fatal Occupational Injuries Summary, 2009*. August 19, 2010. Available: <http://www.bls.gov/news.release/cfoi.nr0.htm>. June 1, 2011.

Date: _____ **Weekly** **Job Hazard Analysis** **Job:** _____

<i>Task</i>	<i>Hazard</i>	<i>Control</i>

Employee Signatures
(for additional signatures use reverse side)

A weekly message for construction workers; for more detailed information on this topic and others, please visit our [Loss Control website](#).

The information provided in these materials is intended to be general and advisory in nature. It shall not be considered legal advice. The Hartford does not warrant that the implementation of any view or recommendation contained herein will: (i) result in the elimination of any unsafe conditions at your business locations or with respect to your business operations; or (ii) will be an appropriate legal or business practice. The Hartford assumes no responsibility for the control or correction of hazards or legal compliance with respect to your business practices, and the views and recommendations contained herein shall not constitute our undertaking, on your behalf or for the benefit of others, to determine or warrant that your business premises, locations or operations are safe or healthful, or are in compliance with any law, rule or regulation. Readers seeking to resolve specific safety, legal or business issues or concerns related to the information provided in these materials should consult their safety consultant, attorney or business advisors.