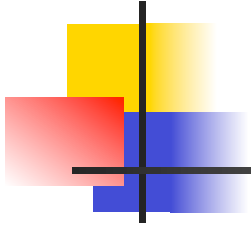




Understanding Fall Prevention from Different Levels





Objectives

- What can be done to help prevent falls
 - Stairs/steps maintenance
 - Housekeeping
 - Hazard recognition & correction
 - Awareness training



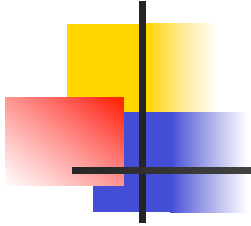
General Requirements (OSHA 1910.22)

- General requirements are broad:
 - Housekeeping -(neat, sanitary and dry)
 - Aisles – clear passage appropriately marked
 - Guardrails – protect from open-sided floors & elevations



Floor and Wall Openings (OSHA 1910.23)

- Floor and wall openings
 - Floor openings - must have rails or cover plate
 - Wall openings – must be guarded if there is a drop of more than 4 feet



Floor/Wall Openings(1910.23)

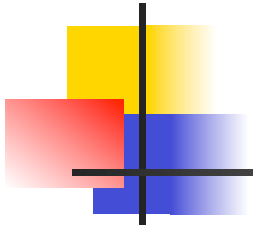
- Stairway railings/guards – handrails for 4 or more risers
 - Stair width- presence or absence of walls notes where rails are to be placed
 - Steps should be designed as or treated with slip resistant surface





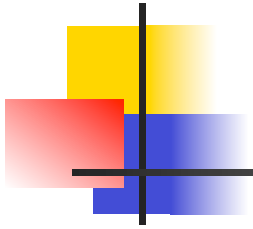
1910.24 Fixed Industrial Stairs

- Applies to stairs leading to/from floors, platforms and pits
 - Different width requirements than fire exits (min only 22")
 - More defined tread requirements



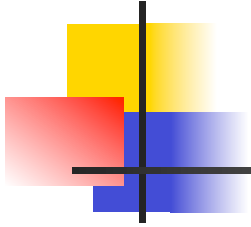
Portable Wood Ladders (1910.25)

- Must be in good condition and made of high density wood
 - Three types:
 - I-industrial, 3-20' heavy use
 - II-commercial, 3-12' medium use
 - III-household, 3-6' light use
 - Special purpose ladders-painter's stepladder and mason's ladder



Portable Metal Ladders (1910.26)

- Rungs must be made slip resistant (corrugated, knurled, dimpled or coated with skid-resistant material)
- Provision for immediate inspection if ladder tips over
- Proper use provision- every 4' height, place ladder 1' away from wall base



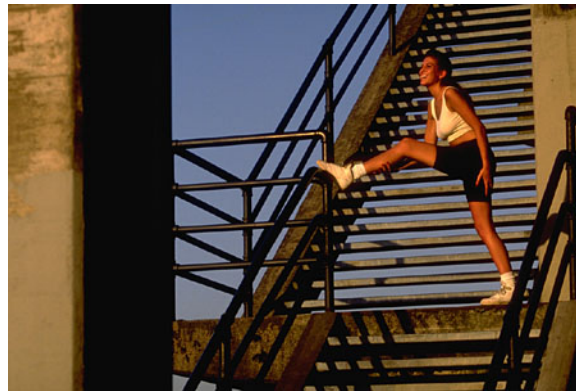
Types of falls

- Fall from heights
 - Ladders-portables
 - Step stools
 - Platforms



Types of Falls

- Stairways
- Wall and floor openings





Contributing Factors Why We Fall

- Health
 - Illnesses
 - Inner ear infections
 - flu
 - Medication
 - Poor vision
 - Muscles-sense our body's position



Contributing Factors Why We Fall

- Social/emotional factors
 - Concentration
 - Preoccupied- cell phones
 - In a hurry
 - Complacency



Contributing Factors Why We Fall

- Poor housekeeping
 - Materials being improperly stored on stairway or steps
 - Items being left accidentally or purposely in walk area
 - Water, grease or other slip hazards on hard or resilient surfaces

Contributing Factors Why We Fall

- Poor lighting
 - Should have at least 20 footcandles in walkways
 - Eliminate glare sources
 - Replace burned out or flickering light bulbs



Prevention of Falls from Heights

- Stairs
- Step stools
- Ladders
 - Portables





Prevention of Falls from Heights

- Stairs
 - Keep stairs clear of debris and potentially slippery substances
 - Don't "skip" stairs to save steps
 - Use handrails



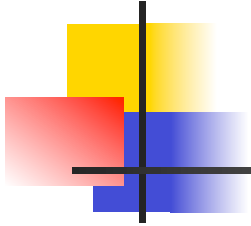
Prevention of Falls from Heights

- Stairs
 - Maintain regular and emergency lighting
 - Inspect stairs and stairways periodically
 - Make sure any added slip resistant materials are in good condition
 - Make sure handrails are secure



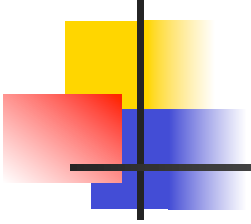
Step Stools

- Use step stools with handrails, if possible, avoid single step stool
- Keep assessable and inform employees of location
- Wide step base is preferred
- Limit load to be accessed, don't reach above shoulder height



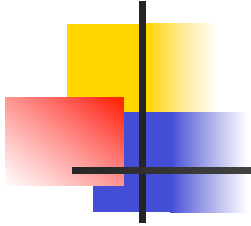
Ladders-Portables

- Make sure ladder is set up on firm level base
- Inspect ladder before climbing for any damage
- If damaged, immediately tag “Do not Use” and remove from work area



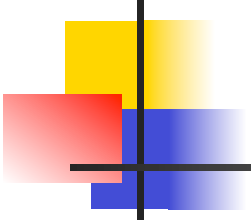
Ladders - Portables

- When climbing ladders, maintain 3 point contact
 - 2 hands and 1 foot on ladder
 - 1 hand and 2 feet on ladder
 - Put tools in tool belt



Ladders - Portables

- Don't reach outside your center of balance
- Move the ladder when the work requires it
- Never stand on top step
- Training
 - Employees are to be trained by competent person in proper ladder use and inspection procedures



- When YOU ignore a hazard or unsafe behavior, YOU are partially responsible for the next accident!!!

You Spend One-Third of
Your Day at Work ...



Make It a Safe Day!