MAKE SAFETY EASY

TOOLBOX TALK SERIES

Fall Protection //

A structured crew discussion guide for weekly safety meetings.

7	15	15
KEY POINTS	MINUTES	SIGN-OFFS

TOPIC #
Week 1 of 52

CATEGORY
Workplace Safety

EDITION
1.0

REGULATION
OSHA 1926.501 / CSA Z259

AUDIENCE
All Field Workers

COMPANY

Free sample from makesafetyeasy.com

FALL PROTECTION

1. **OSHA 1926.501 requires fall protection at 6 feet in construction and 4 feet in general industry (1910.28). In Canada the trigger height is set by your regulator (commonly 3 m provincially, 2.4 m in federally regulated workplaces); CSA Z259 sets the standards for the equipment**
2. **Always perform a pre-use inspection of your harness: check stitching, D-rings, buckles and webbing for cuts, fraying, burns or chemical damage. Remove from service if any defect is found**
3. **Anchor points must support 5,000 lbs per worker or be designed by a qualified person with a 2:1 safety factor per OSHA 1926.502(d)**
4. **Shock-absorbing lanyards extend up to 3.5 feet during deployment - calculate total fall distance: worker height + lanyard length + deceleration distance + harness stretch + safety margin. Minimum clearance is typically 18.5 feet. Use the manufacturer's clearance calculation for your actual equipment; this example is not a universal figure**
5. **Self-retracting lifelines (SRLs) must be inspected before each use and sent for factory service on the manufacturer's schedule and after any fall arrest**
6. **Guardrail systems must have a top rail at 42 inches (+/- 3 inches), a mid-rail at 21 inches and withstand 200 lbs of force applied in any outward or downward direction**
7. **After a fall, remove the harness, lanyard and connectors from service until a competent person inspects them (OSHA 1926.502(d)(19)). Rescue must be prompt (1926.502(d)(20)): suspension in a harness can become life-threatening quickly**

HAZARD SEVERITY

HIGH

REGULATORY REFERENCE

OSHA 1926.501 / CSA Z259

REQUIRED PPE

- Full body harness
- Shock-absorbing lanyard or SRL
- Anchorage connector
- Hard hat with chin strap

REMEMBER

In Canada, workers have a legal right to refuse unsafe work. Under OSHA, refusing is protected when there is imminent danger (29 CFR 1977.12). If conditions are not safe, stop and report.

Crew Discussion

What specific hazards related to this topic exist at our worksite?

What controls do we have in place? Are they working?

Any near-misses or concerns to report?

PRESENTED BY

DATE

FALL PROTECTION — ATTENDANCE

All crew members must sign to confirm attendance and understanding.

#	PRINT NAME	COMPANY / TRADE	SIGNATURE
1			
2			
3			
4			
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10			
11			
12			
13			
14			
15			

SUPERVISOR

SUPERVISOR SIGNATURE

JOB SITE / LOCATION

WEATHER / CONDITIONS