

Dos



&

Don'ts



Proteção contra Queda em Construção Civil Residencial

Fall Protection in Residential
Construction: Safety Harness,
Ladders, and Scaffold



**Brazilian
Immigrant Center**

DOS and **DON'TS** of Fall Protection in Residential Construction

What is OSHA?

The Occupational Safety and Health Administration (OSHA) is part of the United States Department of Labor. The administrator for OSHA is the assistant Secretary of Labor for Occupational Safety and Health. OSHA's administrator answers to the Secretary of Labor, who is a member of the Cabinet of the President of the United States.

The Occupational Safety and Health (OSH) Act of 1970 was passed by Congress to assure safe and healthful working conditions for America's working men and women, by setting and enforcing workplace safety standards and by providing training, outreach, education and assistance.

This brochure offers some basic information on fall protection in the residential construction industry. This booklet focuses mainly on ladder safety, scaffolding, and personal fall arrest systems and harness safety. Other systems not profiled in this publication include safety nets and guardrails.

OSHA'S residential fall protection requirements are established in Subpart M at 29 CFR 1926.501 (b)(13). In June 2011, OSHA issued a new policy directive which implements the standard as originally intended.

The examples of fall protection shown in the photographs contained in this presentation do not represent all possible work methods that can be used in residential construction. Moreover, employers should be aware that the examples of fall protection shown in the photographs contained in this brochure may not be suitable in all situations. Employers are responsible for ensuring compliance with applicable OSHA requirements.

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DOS and DON'TS of Fall Protection in Residential Construction

You need to know how to protect yourself against falls

Personal Fall Arrest System (PFAS)

There are three primary components to a Personal Fall Arrest System (PFAS):

- The anchorage point,
- The body harness, and
- The connector or lanyard

Anchorage point - PFAS works!

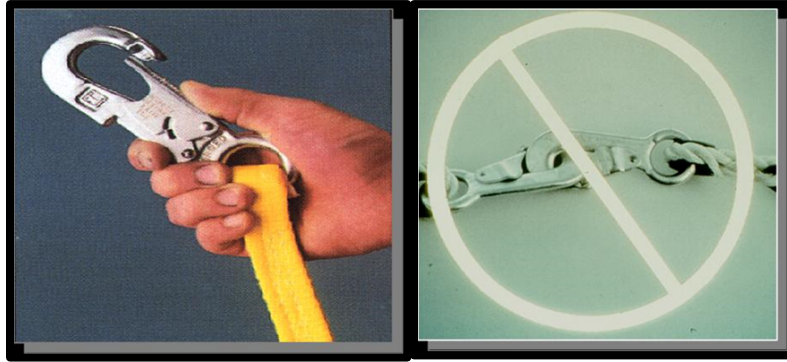


These are all **Dos** – safe ways to connect your self to anchor point using your lanyard, depending on the surface angle you have available at the workplace.

Proper installation of the Anchorage point is critical to the success of this system. It must be designed and installed to support the amount of force that would be applied to it if a worker fell. Consulting the manufacturer's instructions or a registered professional engineer will ensure this critical component is properly installed and maintained.

DOS and **DON'TS** of Fall Protection in Residential Construction

Connector and Lanyards



Don't ever link two snaphooks together, unless they are designed for that purpose.



Top to Bottom, Left to Right: 1) Roof Anchor; 2) Self-retracting lanyard; 3) Leading Edge Anchor tripod; 4) Body harness with lock snap hook; 5) Lanyard with shock absorber with lock snap hook and a Dee-rings; 6) Lanyard with shock absorber Dee-rings. **Do use** these: the equipment and linkages are all correct.

- 1- Dee-rings and snap hooks must have a minimum tensile strength of 5,000 pounds. Snap hooks must be size compatible with the connection point to prevent unintentional disengagement, or shall be a locking type snap hook.
- 2- Lanyards must have a minimum breaking strength of 5,000 pounds.

DOS and **DON'TS** of Fall Protection in Residential Construction

DO **Wear a Body Harness**



1. You should always use a safety harness when climbing higher than 6 feet
2. A full body harness distributes the force of the fall over the thighs, pelvis, waist, chest and shoulders.
3. The attachment point on a full body harness is a D-ring in the center of the upper back.
4. Use with compatible equipment, such as the lanyard and anchor point.

DOS and **DON'TS** of Fall Protection in Residential Construction

DON'T

DO



DON'T

DO



All sites have unprotected sides and edges, wall openings, or floor holes at some point during construction. There's no reason to work like this ...

When at minimum, you can work like this. If this worker should slip and fall, he will not hit the ground. PFAS work!

DOS and **DON'TS** of Fall Protection in Residential Construction

DO



Before: Prepare site: Move ladder back, Flip ladder shoes up, dig under high side to keep bottoms of rung level with one another in uneven ground.

After: On uneven ground, one foot of the ladder will be below the surface in a hole, and the other will sit on the surface.

DO



Extend arms, palms touch rungs, put ladder at correct angle, touch toes to ladder base. Use the tool belt to carry your tools so that both hands are free for climbing.

Tip: Carrying tools in a tool belt allows you to use both hands when climbing.
Tip: 3/8" x 2" eye screw, into secured 2x4 rope tie, allows proper anchoring for ladder. Ladder correctly extends for 3 feet above roof line.

DOS and DON'TS of Fall Protection in Residential Construction

DON'T

Do NOT put your life in danger!



These ladders are not well anchored or stable, and are unsafe.

Basic use of a ladder

- 1. Don't move the ladder while it is being used.**
- 2. Don't overload the ladder.**
- 3. Do inspections and maintenance of ladders.**
- 4. Don't use ladders on a slippery surface.**
- 5. Use ladders made of non-conductive material (e.g., wood or fiberglass) when working close to electricity.**

No paycheck is worth dying for!

DOS and DON'TS of Fall Protection in Residential Construction

DON'T



These scaffolds are incomplete and unsafe, since they are missing key parts, such as cross-braces to stabilize the structures and planking in all locations to provide safe surfaces for walking and standing.

Be smart value your life and your family

Fall Protection Plan Safety Monitor Duties

For a safety monitoring system under 1926.502(h) the monitor must:

- 1. Continually monitor the work setting for dangers.**
- 2. Be a “competent person,” someone who knows the rules and is selected to be always on watch and a resource to other workers**
- 3. Warn workers of fall dangers.**
- 4. Be on same working level and within visual sighting of the other workers.**
- 5. Be close enough to communicate orally.**

DOS and **DON'TS** of Fall Protection in Residential Construction

DON'T

Never do this! Protect yourself and your co-workers



These scaffolds are poorly connected, anchored, and supported, and can easily collapse under workers' weight and movement.

DO

Build sturdy and complete scaffolds



Workers using an exterior bracket scaffold to install roof trusses.



A scaffold rigged for installing floor joists and floor trusses.

DOS and **DON'TS** of Fall Protection in Residential Construction

DO

**Remember and use the other fall protection systems:
Safety Nets and Guardrails.**



Safety net systems like this one can be used as fall protection for workers installing roof sheathing.

DO



Simple guardrails to prevent falls through window and door openings



Guardrails are especially important in protecting against falls around stairwells and other floor openings.

DOS and DON'TS of Fall Protection in Residential Construction

All workers should return safely home to their families every day. Employers must provide workers a place of employment free from recognized hazards.

To LEARN MORE ABOUT OSHA AND HOW TO PROTECT YOURSELF

Visit the OSHA Construction webpage for additional residential fall protection compliance assistance and guidance materials:

www.osha.gov/doc/residential_fall_protection.html

On-site Consultation

<http://www.osha.gov/dcsp/smallbusiness/consult.html>

DO

Work with safety!



To submit an information inquiry by Electronic Mail

http://www.osha.gov/ecor_form.html

By Phone -1-800-321-OSHA (6742) Toll Free U.S.

Write To: U.S. Department of Labor
Occupational Safety & Health Administration
Directorate of Construction – Room N-3468
200 Constitution Avenue
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