



## Guardrails: General Fall Protection and Awareness

Falls are a leading cause of construction injuries and fatalities. Workers can fall from ladders, scaffolding, vehicles, heavy equipment, aerial lifts, holes or openings in floors or roofs, platforms, and roofs.

### Bill's Story

Bill was supervising three employees who were placing air-handler units on a third floor during a building remodel. He was using a wheeled pry bar to lift up an air handler so the workers could place a galvanized pipe underneath as a roller. Bill was about a foot from the unguarded edge. As he applied pressure to the pry bar it slipped and he lost his balance. He fell 23 feet to the cement floor below and died.

1. How could this incident have been prevented?
2. Have you ever known anyone who fell because of a missing guardrail?

### Remember this

Your employer must provide every employee with training on how to recognize a fall hazard and fall protection.

Guardrails, safety nets, and/or fall-arrest harness systems must be in place if there is a risk for falls.

Guardrails are required on work surfaces when workers are exposed to falls greater than 6 feet.

Guardrails must be 42 inches high and have a mid-rail.

If guardrails cannot be provided, then body harnesses with lanyards and secure attachment points must be used.