

One Step Away from a Life Changing Fall

Falls are the leading cause of death in construction, and they often happen during routine tasks we've done dozens of times.



Ideas for the Talk

- Employees working near leading edges, open floor holes, or roof perimeters without realizing how quickly conditions can change.
- Tie-off systems that are available on site but not being used correctly or consistently.
- Workers removing guardrails "temporarily" to complete a task and forgetting to replace them.



Explanation of the Dangers of Violations

- Fall protection violations expose workers to serious and often fatal injuries. A fall from as little as six feet can result in broken bones, internal injuries, spinal damage, or traumatic brain injuries. Falls from greater heights frequently lead to fatalities.
- Short-term impacts include emergency room visits, surgeries, and lost work time.
- Long-term impacts can include permanent disability, inability to return to work, financial hardship for families, and project shutdowns. Many fall incidents occur during short tasks, when workers believe they'll be "quick" and skip protection.



Demonstration Tips

- Conduct a hands-on inspection of a harness, lanyard, and connectors, pointing out wear, cuts, or missing labels.
- Demonstrate where acceptable anchor points are and explain why pipes, guardrails, or scaffolding are often not approved as anchors.



Key Talking Points

- Fall protection is required anytime workers are exposed to falls of six feet or more.
- Personal fall arrest systems must be inspected before every use.
- Tie-off must be 100%, even for short-duration tasks.



Engagement Questions

- Where are the primary fall hazards in today's work area?
- What usually causes people to skip tying off?
- How can coworkers help prevent falls before they happen?



Closing Questions

- What specific fall protection will you be using today?
- Who has the authority to stop work if fall protection is missing?
- What should you do immediately if you notice damaged equipment?

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