

5-MINUTE HIGH IMPACT FALL PREVENTION

ORDER CODE 4410

INTRODUCTION

Falls are one of the most underrated hazards on the job. After motor vehicle accidents, falls represent the greatest hazard to our safety in the workplace. Fall injuries account for a great deal of personal suffering as well as substantial losses in productivity. Employees can prevent most of these accidents if they make a conscious effort to protect themselves in every situation where slip, trip and fall hazards are present.

This video uses several accident recreations to show your employees that shortcuts and other mistakes can lead to painful and sometimes fatal falls.

PROGRAM OUTLINE

THREE FACTORS THAT AFFECT ALL FALLS

- The amount of friction that exists between your shoes and the surface on which you are walking is a major factor in falls.
- Momentum affects falls because the more a person weighs and the faster he is moving, the harder he will fall.
- The force of gravity continually pulls you to the lowest point possible.

Worker Slips on Oil and Sustains Head Injury

Faith Martin was planning a Christmas dinner for the department. She went to the machine shop to ask George if he would help with the decorations. Running to catch him as he left for the break room, Faith slipped on an oily spot and sustained a nasty cut to her face.

LESSONS: *Understand the need for friction between your feet and where you are walking. Walk in work areas; don't run. Recognize warnings such as yellow caution signs and hazards such as the oil on the floor.*

Improper Footing at the Top of the Ladder Results in Fall

Bruce Rainer was using a stepladder to reach a valve on the process tank. He placed one of his feet on a nearby pipe. As his foot slipped off, Bruce and the ladder fell to the concrete below. He was fortunate that his injuries were not more serious.

LESSONS: *Always keep both feet on the ladder when reaching the height at which you intend to work. Don't overreach the ladder. Get down and reposition it as needed.*

Fall from Makeshift Platform Kills Worker

Worth Janick and Claude Mathias were asked to replace a sodium vapor lamp on the shipping bay. It was a rush job and the two experienced electricians were glad to respond. They should have known better than to use a pallet as an elevated work platform, but it was quicker and easier than going back to their shop for the proper equipment. When the pallet broke and Worth fell to the floor, he was killed instantly.

LESSONS: *Never use a pallet on a lift truck as an elevated work platform. Don't let a rush job cause you to compromise your safety sense. Always take the extra time to get the appropriate tools and equipment; it will be beneficial in the long run. You should also be concerned about the safety of your co-workers. Let them know when you see a problem.*

Fatal Fall Occurs After Worker Fails to Hook Up Lanyard

Milt Cummins, the welder on the crew, was late in arriving at the work site. Milt had his harness and lanyard on, and the crew chief told him to hook up and cut some pieces loose that were holding up progress. As Milt was getting into position, another crew member tripped on some tools and fell into him. Milt lost his balance and fell off the platform to his death. If he had been hooked up, his harness would have saved him.

LESSONS: *Always hook up when a fall hazard exists and don't let hurrying and the stress of being late cause you to ignore safety rules. Housekeeping is even more important when your work surface is elevated. When working on an elevated work surface, use extra care to spot all safety hazards.*

FALL ARREST EQUIPMENT

- Before using fall arrest equipment, understand that it is a system that will not prevent you from falling. Only you can do that.
- A body harness will not prevent a fall, but when used properly with other fall arrest components, it will provide a slow, controlled stop.

FALL AWARENESS

- Pay attention to walking and working surfaces and choose footwear accordingly.
- Be qualified, authorized and trained before using ladders and other elevating equipment.
- Understand how falls happen and take the necessary steps to protect yourself.