

TOOLBOX TALK 9 – Fall Protection

Key Points

- Falls remain the **#1 cause of death** on construction sites.
- Fall protection is required at **6 feet or higher**.
- A complete PFAS involves **A–B–C**
 - **A – Anchorage**
 - **B – Body Harness**
 - **C – Connecting Device**
- Guardrails, safety nets, and warning-line systems are accepted forms of fall protection.
- Maintain a **minimum 10 ft clearance from power lines** at all times.
- Inspect all fall protection equipment before each use—**no exceptions**.

Talking Script

At Ash Electric, fall protection is one of the most important safety responsibilities we all share. Falls send thousands of workers to the hospital every year, and most of those injuries happen from heights under 10 feet. That's why OSHA requires fall protection at 6 feet or more.

Anytime you're working near edges, openings, platforms, scaffolds, elevated surfaces, mezzanines, or roof lines, you must be connected to an appropriate fall protection system.

Remember the ABCs of Fall Protection:

A – Anchorage

This must be a secure, engineered point rated to handle 5,000 lbs per worker or part of an approved fall arrest system.

Never tie off to conduit, ladders, guardrails, or racks.

B – Body Harness

Wear a full-body harness that fits correctly, with all straps snug and buckled. Inspect the webbing, stitching, D-rings, and buckles before each use.

C – Connecting Device

This includes lanyards, self-retracting lifelines (SRLs), and shock absorbers. Inspect hooks, connectors, and shock packs for tears, corrosion, or deformation.

Fall protection only works when **every component** is in good condition. Damaged harnesses or lanyards must be tagged out immediately.

Keep in mind that maintaining 10 feet of clearance from power lines is not just best practice—it's a life-saving requirement. When working at height, it's easier than you think to drift too close to overhead service.

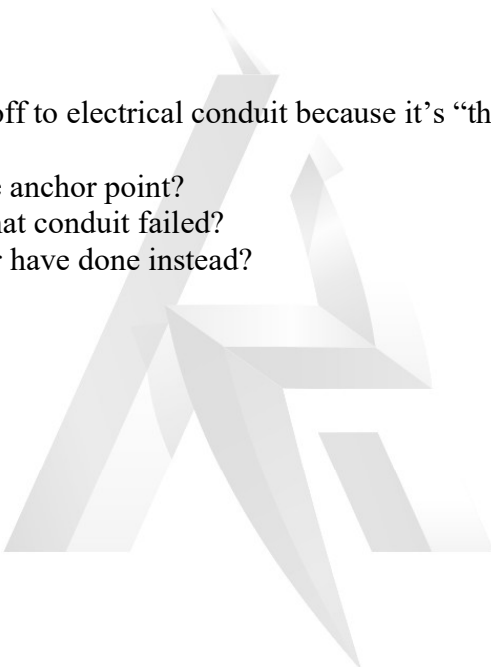
Falls are preventable. Take the time to anchor correctly, fit your harness properly, and double-check your equipment before climbing.”

Scenario

You see a crew member tying off to electrical conduit because it's “the closest thing available.”

Ask the crew:

- Is conduit an acceptable anchor point?
- What could happen if that conduit failed?
- What should the worker have done instead?



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