



Fall Protection



- ✓ Guardrails or fall protection required for heights 4 feet or more.
- ✓ Employees should have training.
- ✓ Wear harness and lanyards correctly.
- ✓ Use lanyards with shock absorbers.
- ✓ Attach lanyards to anchor points that can withstand a 5,000-pound load.
- ✓ Personal fall arrest system inspected monthly by a competent person.
- ✓ The competent person should have the authority to correct hazards.
- ✓ Users should always perform a visual check before use.
- ✓ Inspect your harness and lanyards for; burns, hardening, excessive wear, cuts, rough spots, and frays.
- ✓ Inspect D-Rings and connectors for bends deformities.

