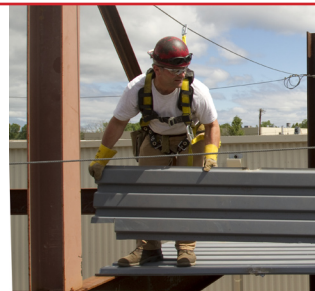


# HAZARD ALERT

CPWR  
THE CENTER FOR CONSTRUCTION  
RESEARCH AND TRAINING

# FALL PROTECTION SYSTEMS: HARNESSES



## Am I in danger?

PHOTO COURTESY OF TROY BUZALSKI, CANBY FIRE DISTRICT



**Falls are the leading cause of death in construction.**

Almost every workday, somewhere in the United States, a construction worker dies as a result of a fall.

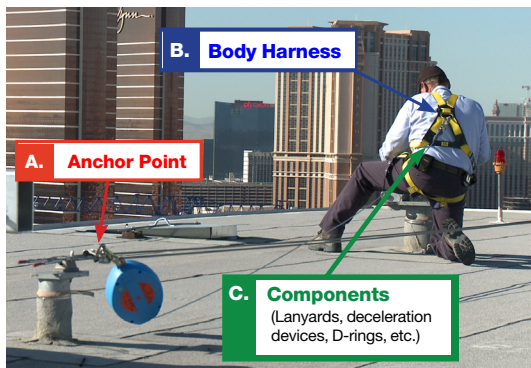
## When do I need a fall protection harness?

If you are working ...

- more than 6 feet above the ground, and
- you are not protected by a system of guardrails or safety nets.

Know the ABC's of Personal Fall Arrest Systems\*:

PHOTO COURTESY LODE LOCAL 501



**You are not safe from a fall unless you tie off.**

\*Source: OSHA 29CFR 1926.502

## To learn more visit:

- ▶ [www.StopConstructionFalls.org](http://www.StopConstructionFalls.org)
- ▶ OSHA's eTool: Falls - Personal Fall Arrest Systems  
<https://tinyurl.com/OSHA-eTool-Falls>

To receive copies of this Hazard Alert and cards on other topics:

call **301-578-8500** or visit **www.cpwr.com**.

## To stop a fatal fall ...



PHOTO COURTESY OF ED REHFELD, LECET

## 1 Wear a full-body harness

A proper fall protection harness has straps worn around the trunk and thighs. If you fall, it will distribute "stopping force" across your thighs, pelvis, chest and shoulders to prevent severe injury.



PHOTO COURTESY OF MILLER® FALL PROTECTION

## 2 Inspect your harness It must be worn properly and be in good condition

- Inspect your harness for worn or damaged straps, buckles, D-ring and lines.
- Follow the manufacturer's instructions when you put on your harness.
- Make sure all straps are fastened and adjusted correctly.
- **Don't start work** until you are satisfied with the condition and fit of your fall protection harness.



PHOTO COURTESY CAPITAL SAFETY

## 3 Make sure you are connected

Your lanyard should be attached to the D-ring on your fall arrest harness, then **anchored securely** to an anchor point. The anchorage must be capable of supporting at least 5,000 pounds per worker attached.\* Ask your supervisor if your anchor point can sustain the load without failure. **Guardrails are not anchor points.**

\*Source: Source: OSHA 3146-05R 2015

## It's not over when the fall stops!

It only takes a short time for the harness to restrict blood circulation, which can lead to unconsciousness or even death.

OSHA requires employers to have a plan to

**"provide for prompt rescue of employees in the event of a fall."**

**If you think you are in danger:**

**Contact your supervisor.  
Contact your union.**

**Call OSHA  
1-800-321-OSHA**