



## Fall protection requirements

Know the **ABCs** of personal fall-arrest systems:

**A**nchorage;

**B**ody harness;

**C**omponents (connectors like snap hooks or D-rings, connection points, lanyards, deceleration devices, lifelines, etc.).

- Attachment points for body harnesses should be at the center of the wearer's back, near shoulder level.
- Anchorage of personal fall-arrest equipment should support 5,000 pounds per employee.
- D-rings and snap hooks should have a minimum tensile strength of 5,000 pounds.
- Each employee should have a personal vertical lifeline with a breaking strength of at least 5,000 pounds.

*Stand-Down logo and photos courtesy of CPWR*

## Resources

Visit BWC's Division of Safety & Hygiene website at [www.bwc.ohio.gov/employer/services/safetyhygiene.asp](http://www.bwc.ohio.gov/employer/services/safetyhygiene.asp) to learn more about:

- Free consultations;
- Safety grants;
- Education and training;
- Library services.

The library offers an extensive collection of audiovisual materials related to fall hazards and fall prevention.

To learn more about the campaign visit: [www.stopconstructionfalls.com](http://www.stopconstructionfalls.com)

Campaign partners: OSHA, NIOSH, CPWR, NORA, ASSE, NCSE, OTI and NSC

**PLAN** ahead to get the job done safely.

**PROVIDE** the right equipment.

**TRAIN** everyone to use the equipment safely.

# National Safety Stand-Down

to Prevent Falls in Construction



**Safety Pays  
Falls Cost**

[www.bwc.ohio.gov](http://www.bwc.ohio.gov)

1-800-644-6292

**Ohio**

Bureau of Workers'  
Compensation



## Fall statistics for Ohio

- Nearly 30 percent of all claims filed with BWC are from fall injuries; 5 percent are falls from elevation.
- About one-third of all falls from elevation are in construction.
- Falls in Ohio result in an average of 14 fatalities a year.

## Falls from elevation in construction

- Injuries result in time away from work 57 percent of the time.
- The average cost of a medical-only claim is \$2,151.
- The average cost of a lost-time claim is \$74,016.

## Fall protection requirements

- Protect employees from fall hazards and falling objects whenever they are 6 feet or more above a lower level, and when they could fall into or onto dangerous equipment from any height.
- Always use fall protection when working on a scaffold above 10 feet.
- Use fall-arrest systems for fixed ladders that extend more than 24 feet.
- Use ropes and straps (webbing) made of synthetic fibers in lanyards, lifelines, and strength components of body belts and body harnesses.

## Fall prevention tips

- Wear a harness and always stay connected.
- Make sure your harness fits.
- Inspect all fall protection equipment before use.
- Don't use defective equipment.
- Guard or cover all holes, openings and skylights.
- Use guardrails or lifelines.
- Keep work areas well lit.
- Establish good housekeeping practices.
- Plan ahead to get the job done safely.
- Provide the right equipment.
- Train everyone to use the equipment safely.

## Industries with the most falls from elevation injuries in Ohio

