

Working at Heights – General Guidelines

Your job may expose you to a potential fall. You must prevent serious injury by eliminating the possibility of falls to a lower level. Prevent falls by:

1. understanding the purpose and correct use of each component of your fall protection equipment; 2. understanding how fall protection systems are put together from individual pieces of equipment; and 3. applying the correct fall protection system to match the fall protection needs as determined by the situation. Listed below, in order of preference, are the fall protection options available to you.

Fall Prevention

- The best way to avoid a fall is not to work from a height. **Bring the work down to ground level** whenever possible.
- If you can't bring the work to ground level, work from access equipment such as **scaffolding, a platform, an aerial lift, or a ladder**.
- If the work environment does not allow you to use access equipment, secure the elevated work area with a passive fall prevention barrier system, such as **guardrails** or a **42" high parapet**.

Fall Restraint/Fall Arrest

- If the work environment does not allow for the use of a fall prevention system, use an approved fall restraint system, if possible, and then – a fall arrest system, such as a **rope grab kit** or **self-retracting lanyard**.

Controlled Access Zone

- If a fall restraint or arrest system is not feasible, establish a **Controlled Access Zone** to control the work area.