



GOALS

This safety session teaches employees to:

- Understand and follow OSHA fall protection requirements for residential construction.
- Work safely on roofs, ladders, and scaffolds to prevent falls.

Applicable Regulations: 29 CFR 1926.501(b)(13)



1. Understand OSHA's fall protection requirements for residential construction.

- According to OSHA, fatalities from falls are the number one cause of deaths in construction.
- Because of the risks, OSHA requires employees engaged in residential construction activities that take place 6 feet or more above lower levels to be protected by a:
 - Guardrail system;
 - Safety net system; or
 - Personal fall arrest system.
- If an employer can demonstrate that such fall protection is not practical or presents a greater hazard, it may implement an alternative fall protection plan. However:
 - Alternative measures must use safe work practices that eliminate or reduce the risk of a fall.
 - The plan must be written and be site-specific.
- OSHA defines “residential construction” as work that satisfies the following two requirements:
 - The end use of the structure being built must be a home.
 - The structure being built must be constructed using traditional wood frame construction materials and methods. The limited use of structural steel in a predominantly wood-framed home does not prevent a structure from being considered residential construction.

2. Make sure you take proper precautions when working on a roof.

- When working on a low-slope roof, use a guardrail system, safety net system, personal fall arrest system, a combination of conventional fall protection systems and warning line systems, or a warning line system and a safety monitoring system.
- When working on a steep roof, use a guardrail system with toeboards, a safety net system, or a personal fall arrest system.
- Inspect all fall protection equipment before use.
- If using a personal fall protection system, make sure your harness fits properly, always tie off and stay connected, and ensure that all anchor points are safe.
- Guard or cover all holes, openings, and skylights.
- Don't:
 - Disconnect from the lifeline if using a personal fall protection system.
 - Use defective equipment.
 - Walk around unprotected openings.
 - Sit or walk on skylights or other openings.





3. Use ladders safely.

- Inspect ladders before each use.
- Always maintain three points of contact with the ladder.
- Place the ladder on level footing.
- Always face the ladder and hold on while climbing and descending.
- Remember the 4-to-1 rule for extension ladders (the base of the ladder should be 1 foot from the wall for every 4 feet in height).
- Make sure extension ladders are secured top and bottom.
- Don't:
 - Overreach.
 - “Walk” the ladder.
 - Stand on the top or top step of a stepladder.

4. Stay safe when using scaffolds.

- During scaffold setup:
 - Fully plank scaffolds.
 - Complete all guardrails.
 - Ensure stable footing and ensure that the scaffold is plumb and level.
 - Ensure proper access to scaffolds.
- Make sure a competent person (for example, a site supervisor) inspects the scaffold before use.
- Don't:
 - Climb over cross braces.
 - Stand on guardrails.
 - Use a ladder on a scaffold.



DISCUSSION POINTS:

Review your company's fall protection policy and requirements and demonstrate the proper inspection and use of fall protection equipment.



CONCLUSION:

- Proper Fall Protection Precautions Prevent Accidents and Injuries and Could Save Your Life
- Always use required fall protection equipment to prevent falls, and inspect equipment before each use to make sure it is safe.



TEST YOUR KNOWLEDGE:

Have your employees take the Fall Protection—Residential Construction quiz. By testing their knowledge, you can judge their ability to work safely and prevent falls and whether they need to review this important topic again soon.