

Effective Fall Protection Methods for Dynamic Jobsites



SIX KEY FACTORS TO ENSURE FALL PROTECTION FOR WORKERS EXPOSED TO FALLS OF SIX FEET OR GREATER. THIS ARTICLE OFFERS

some methods to provide fall protection at any point in the construction process and raise awareness with crews.

Guardrail

It is very common for jobsites to install perimeter guardrail along unprotected edges. Guardrail is an example of a passive fall protection system, which means it requires no user input to operate. Workers simply need to stay behind a guardrail to remain protected. Guardrail ranks highest on the hierarchy of fall protection controls, after hazard elimination, because it actually prevents falls from occurring. Fall arrest equipment does not prevent falls — it only tries to prevent injury after a fall occurs.

Additionally, guardrails can be constructed right on the jobsite. There is no need to purchase equipment. If a contractor follows

they will have constructed OSHA-compliant guardrail for their jobsite.

Travel Restraint

Even if a contractor seeks to use guardrail as much as possible to protect their crew, it becomes harder to use as the construction process furthers. When workers are near unprotected edges, utilizing a travel-restraint system can keep the worker in fall prevention equipment. Travel-restraint systems require the user to wear a body harness and connect to a nearby anchorage. If their connection device is a shorter length than the distance to the unprotected edge, the worker is no longer at risk of falling. If they cannot physically reach the edge of their walking working surface, they cannot fall off.

Travel-restraint systems, however, are vulnerable to misuse. If the system is not designed well and a worker is required to reach an area outside of their work zone while connected, they

About the Author

Philip Jacklin is continuing education program manager for [811 Yfgj YX: U` Protection](#). Since 2018, Jacklin has been training workers nationwide on best practices when using their fall protection and advising safety managers; environmental, health and safety leaders; plant maintenance managers; and ch\Yf`gJZ\mdfcZYggjcbU`g`cb`ck`hc`WYUH`a`cfY`YZ`WYbhZJ`dfchV`cb` programs.

About the Article

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