



Risk Control

Fall Prevention

Take Steps to Reduce Fall Exposures and Associated Costs

Workplace falls are a serious threat to employees and businesses alike. For workers, falls are the leading cause of workplace fatalities and debilitating injuries. For employers, falls create millions of dollars in lost time, compensation and lawsuits. However, with the right combination of planning, personal protective equipment, systems and education, falls are preventable.

At CNA, we're committed to the safety of your worksites, and more importantly, your employees. That's why, together with our association partners and Capital Safety, we're here to provide tips and best practices for eliminating fall exposures.

Helping Contractors Cover What Matters Most

OSHA's construction standard 1926.501 focuses on compliance with regulatory requirements and minimum standards for fall prevention. Fall prevention actions are required when working six feet above the next level of obstruction and when a fall from a lesser height may result in a serious injury.

The Hierarchy of Fall Protection is a way to determine and eliminate hazards as defined by ANSI and ASSE. The following are the four preferred solutions of this method.

1) Elimination of Fall Hazards

Simple changes to work practices can eliminate the opportunity for falls. Examples include:

- Covering manholes when entry isn't needed
- Covering skylights



2) Fall Restraint

Fall restraint keeps workers from leading edges or fall exposures by tethering contractors to an anchor point with a lanyard or restraint system.



Fall restraint using roof anchor

3) Passive Fall Prevention

Passive fall prevention focuses on keeping you and your employees away from hazards. This doesn't require workers to be actively involved, but instead places physical barriers between workers and the fall threats.



Portable construction



Pour-in-place

4) Fall Arrest

A fall arrest system is an active method of using an anchor point, connectors (lanyard, self-retracting lifeline, rope grab, etc.), and a full body harness. These methods do not prevent the fall, but they can help prevent the impact and the consequences.



Lanyard



Self-retracting lifeline



Full body harness



Anchor points

For more information, contact your independent agent or CNA Risk Control Consultant, or visit cna.com/construction today.