Fall Prevention Guide 1.0

Four Ways to Stay on Top of Fall Prevention

CNA
We can show you more.®

RISK CONTROL

Safely Help Eliminate 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. For a better understanding of the fundamentals and methods of industry fall prevention safety requirements, watch Capital Safety's video.

The Hierarchy of Fall Protection video

Committed to Keeping Your Business and Employees Safe

1 ELIMINATION OF FALL HAZARDS

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

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

Skylight guard

2 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.

CLICK THE IMAGES FOR MORE INFORMATION.

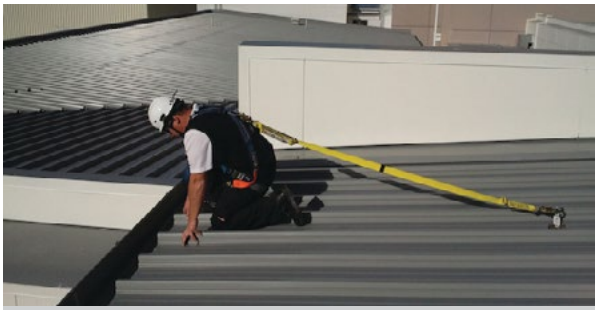
Portable construction guardrails

Pour-in-place net protection

3 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.

CLICK THE IMAGE FOR MORE INFORMATION.



Fall restraint using roof anchor

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 it can help prevent the impact and the consequences.

CLICK THE IMAGES FOR MORE INFORMATION.

Lanyard

Self retracting lifeline

Full body harness

Anchor points

Training and Safety Resources

Take additional steps toward a safer workplace with:

- Access to a complete library of training videos
- Review of safety regulations and standards

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

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