



FALL PREVENTION ALLIANCE TOOLBOX TALK ON FALL FORCES: WHAT HAPPENS WHEN YOU FALL

Company: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

What happens when a person falls.

Before fall-arrest equipment begins to work, the person is in a FULL FREE FALL. After a certain free-fall distance, the system activates. OSHA limits the maximum free fall distance to 6 feet. It then takes more distance, called deceleration distance, to bring the person to a full stop. OSHA limits the maximum deceleration distance to 42 inches. Force is then needed to stop a fall! The maximum total fall distance a worker can fall before coming to a complete stop without hitting the level below is 9.5 feet.

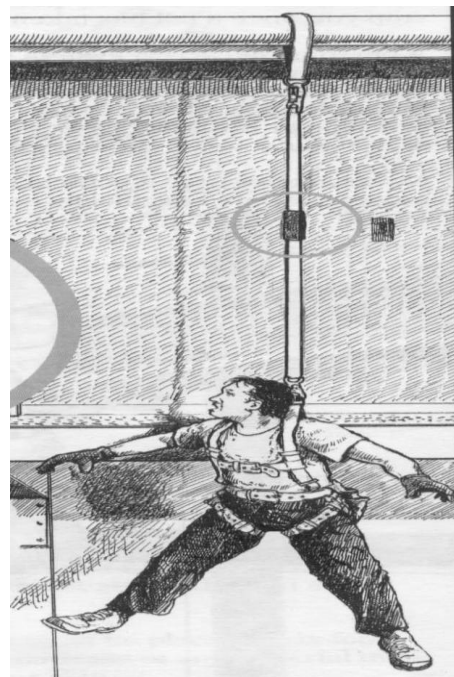
Fall-arrest force hits the body through the straps of the harness. If the equipment is not worn properly, this sudden jolt can damage the spine or internal body organs. A deceleration system helps absorb the fall-arrest force. Body harnesses distribute the force to areas of the body that are protected by muscles.

When body harnesses are worn.

The maximum fall-arresting force that can be applied on the worker according to OSHA is 1,800 pounds. In order to meet this requirement, only shock absorbing lanyards and a self-retractable lifeline can be used. These lanyards limit the arresting forces to less than 1,800 pounds.



BODY HARNESS
Max. Arresting Force = 1800 lbs.



ARRESTING THE FALL

Safety Reminder

Always inspect fall protection equipment before use. Report any defects in equipment immediately to your foreman. **ALWAYS** tag out of service defective equipment or destroy it so no one else will accidentally use.

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FALL PREVENTION ALLIANCE TOOLBOX TALK ON

FALL FORCES: WHAT HAPPENS WHEN YOU FALL

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Through the OSHA and Houston Fall Prevention Alliance, this Toolbox Talk was developed for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. July 2016.

The Houston Fall Prevention Alliance was formed by the below organizations to provide their members, and others, with information, guidance and access to training resources that will help them protect the health and safety of workers, particularly by reducing and preventing exposure to fall hazards in the construction industries and addressing fall related issues and understand the rights of workers and the responsibilities of employers under the Occupational Safety and Health Act (OSH Act). In developing this alliance, these organizations recognize that OSHA's State Plan and On-site Consultation Project partners are an integral part of the OSHA national effort.

