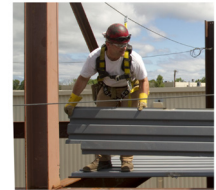




About the National Safety Council and Construction & Utilities Division: The Center for Construction Research and Training. All rights reserved. CPWR is the research, training, and service arm of the Building and Construction Trades Dept., AFL-CIO, and works to reduce or eliminate safety and health hazards construction workers face on the job. Production of this card was supported by Grant OH009762 from the National Institute for Occupational Safety and Health (NIOSH). The contents are solely the responsibility of the authors and do not necessarily represent the official views of NIOSH.

## HAZARD ALERT FALL PROTECTION HARNESSSES



### Am I in danger?



**Falls are the leading cause of death in construction.**

Almost every workday, somewhere in the United States, a construction worker dies as a result of a fall.

### When am I at risk?

If you are working ...

- more than 6 feet above the ground, and
- you are not protected by a system of guardrails or safety nets,

Then you need a Personal Fall Arrest System.

A Personal Fall Arrest System consists of a ...



**You are not safe from a fall unless you tie off.**

### Find out more about construction hazards.

Get more of these Hazard Alert cards – and cards on other topics.

**Call 301-578-8500**

### To stop a fatal fall ...



PHOTO COURTESY OF ED REHFELD, LECET

#### 1 Wear a full-body harness

A proper fall protection harness has straps worn around the trunk and thighs. If you fall, it will distribute “stopping force” across your thighs, pelvis, chest and shoulders to prevent severe injury.

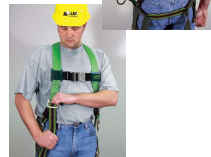
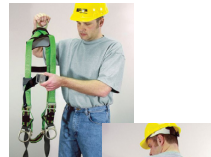


PHOTO COURTESY OF MILLER® FALL PROTECTION

#### 2 Inspect your harness It must be worn properly and be in good condition

- Inspect your harness for worn or damaged straps, buckles, D-ring and lines.
- Follow the manufacturer’s instructions when you put on your harness.
- Make sure all straps are fastened and adjusted correctly.
- **Don’t start work** until you are satisfied with the condition and fit of your fall protection harness.



PHOTO COURTESY CAPITAL SAFETY

#### 3 Make sure you are connected

Your lanyard should be attached to the D-ring on your fall arrest harness, then **anchored securely** to an anchor point. Ask your supervisor if your anchor point can sustain the load without failure. **Guardrails are not anchor points.**

### It’s not over when the fall stops!

OSHA requires employers to have a plan to ...

**“provide for prompt rescue of employees in the event of a fall.”**

Time is of the essence. In a short time, the harness will restrict blood circulation, which can lead to unconsciousness or even death.

**If you think you are in danger:**

Contact your supervisor.  
Contact your union.

Call OSHA  
**1-800-321-OSHA**