



Personal Fall Arrest System PFAS



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. To stop fatal falls do the following:

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.
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 **(continued on page 2)**

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May 1 thru 5 is National Stand Down to Prevent Falls in Construction



A Safety Stand-Down is a voluntary event for employers to talk directly to employees about safety. Any workplace can hold a stand-down by taking a break to focus on "Fall Hazards" and reinforcing the importance of "Fall Prevention". Employers of companies not exposed to fall hazards, can also use this opportunity to have a conversation with employees about the other job hazards they face, protective methods, and the company's safety policies and goals.

Fatalities caused by falls from elevation continue to be a leading cause of death for construction employees, accounting for 378 of the 986 construction fatalities recorded in 2021 (BLS data). **Those deaths were preventable.** The National Safety Stand-Down raises fall hazard awareness across the country in an effort to stop fall fatalities and injuries.

Companies can conduct a Safety Stand-Down by taking a break to have a toolbox talk or another safety activity such as conducting safety equipment inspections, reiterating the proper way to where fall protection equipment such as harnesses, lifelines and anchorage points, developing rescue plans, fall protection demonstrations, or discussing job specific hazards. Managers are encouraged to plan a stand-down that works best for their workplace anytime.

Falls can be prevented. Plan ahead to get the job done safely. Provide the right equipment. Train everyone to use the equipment safely.

If you're working 6 feet or higher you need fall protection. Keep Safety First!

(continued from page 1) adjusted correctly. Don't start work until you are satisfied with the condition and fit of your fall protection harness.

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. The anchorage must be capable of supporting at least 5,000 pounds per worker attached. Ask your supervisor if your anchor point can sustain the load without failure. Guardrails are not anchorage points.

It's not over when the fall stops! It only takes a short time for the harness to restrict blood circulation, which can lead to unconsciousness or even death. OSHA requires employers to have a plan to provide for prompt rescue of employees in the event of a fall.

Falls From Ladders



Each year more than 4,000 construction workers are injured so seriously by ladder falls that they miss work and each year more than 70 die in falls from ladders.

How can you avoid a fall from a ladder? [Follow these tips:](#)

1. Inspect the ladder before each use. Inspect the rails, rungs, feet, and spreaders or rung locks for defects or damage every time you use a ladder. If you see any damage, tag it "do not use" and request another ladder in proper working order. Always check the ladder's duty rating to make sure it will support you and your toolbelt.
2. Position your ladder properly. For all ladders; make sure you have a level, solid footing for your ladder. Position your ladder near your work to avoid overreaching. For extension ladders: Set the base one foot away from the building for every four feet of height. Tie off the ladder at the top and bottom where possible. The minute you take to tie off could save your life.
3. Use the ladder safely. Maintain three-point contact with the ladder at all times. That's two hands and a foot or two feet and a hand. Do not use the top step/rung of a ladder

unless it was designed for that purpose. Don't stand on the top three rungs of a straight, single, or extension ladder. Have a co-worker hold the ladder to steady it as you climb up and down. Always face the ladder when moving up or down. Do not carry tools and materials while climbing. Use a rope to haul or hoist materials to the upper level.

Reminder!!!!

May Is Mental Health Month!

Since 1949, Mental Health America, our affiliates, and countless others have observed May as Mental Health Month by reaching out to millions of people to spread the word that mental health is something everyone should care about. Take some time to look around and look within.

Topics that we specifically address include: safe and stable housing, healthy home environments, neighborhoods and towns and the outdoors and nature.

We'll help people understand how these topics impact mental health, provide tips for actions people can take to change their surroundings in favor of their well-being, and suggestions for how to cope if change isn't realistic.

Did You Know?

Ladder safety prevents electrocutions and falls. Always follow these basic rules; never use metal ladders around electrical equipment, never stand on the top two rungs of a stepladder or top three rungs of an extension ladder and always use three-point contact. Safety... Better well done than rare.

Safety Tip of the Month

Don't follow the safety rules because OSHA mandates it. Don't even follow the rules because your boss mandates it. Follow the safety rules for you and your loved ones, because the pain, suffering and economic loss due to accidents can be devastating. Safety is no accident.

Notes From the Editor

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