

TOOLBOX TALKS

Heights - Fall Arrest and Fall Assessment

What is Fall Restraint?

Fall restraint is a fall protection strategy that prevents workers from reaching—and tumbling over—an unprotected leading edge. Fall restraint systems can take a variety of forms, including single point anchors and horizontal lifelines, but each system has a common denominator—workers must don a body harness and connect a lanyard to an anchor point. Fixed single point anchors are used for smaller, clearly defined work areas while horizontal lifelines are used for larger applications that require maintenance personnel to roam more freely about the rooftop.



What is Fall Arrest?

In the fall protection hierarchy, fall arrest systems are a last resort strategy in that they are designed to stop a fall in progress. Obviously, we would like to keep workers from ever approaching an unprotected leading edge, but this strategy is not always feasible. Fall arrest systems often take forms similar to rooftop fall restraint systems such as single point anchors and horizontal lifelines, and workers connect to anchor points with body harnesses and lanyards, but for fall arrest applications, the equipment is engineered to withstand the forces associated with stopping falls. Fall arrest systems must also they must stop a fall before an employee strikes surfaces below the work area.



DISCUSSION

Questions from staff

Comments by staff

Suggestions from staff

TOOLBOX TALK ATTENDANCE REGISTER

Date		Facilitator Name:	
Site/Department:		Facilitator Signature:	
Topic:			

The information in this document had been explained to me and I understand the content

[illegible]