



# SAFETY BRIEF

## WORKING AT HEIGHTS

Falls are the No. 1 cause of accidental construction deaths. Using the proper fall protection while working from heights can prevent severe injuries and death.

### SAFETY TIPS

- Avoid loading your work belt with heavy tools that can affect your balance
- Wear slip-resistant shoes
- Unplug power tools before raising or lowering them
- Make sure your pathway is clear when walking on scaffolds, bridges and walkways
- Do not use makeshift ladders
- Always wear a hard hat when working from heights
- Inspect all safety equipment prior to leaving the ground

### TYPES OF FALL PROTECTION

- **Guardrail systems**—Vertical barriers consisting of posts, intermediate rails and top rails to prevent falls and materials and equipment from dropping to lower levels
- **Warning-line systems**—Ropes, wires or chains that form a barrier to warn others of an unprotected roof side or edge
- **Safety net systems**—Mesh nets, panels and connecting components that are used for fall prevention when workers are 6 feet or more above the ground
- **Fall-restraint system**—Consists of an anchor, connectors and body harness or belt that allows the person to do their work but prevents them from reaching a point where they could fall
- **Personal fall-arrest systems**—Consist of an anchor, a shock-absorbing lanyard and full body harness that stops a worker from falling and minimizes the arrest force
- **Position-device system**—Allows worker to use both hands on an elevated vertical surface such as a wall, and limits falls to 2 feet



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