



Get Better Fall Arrest Training Results By Following These Simple Steps

According to OSHA, it is the responsibility of the employer to ensure that workers who work at heights are trained regarding fall hazards. The training should be sufficient to instruct them about common hazards, areas where falls are likely to occur and the fall arrest systems that can protect them from serious injuries or worse.

In addition, the training should be understandable to all workers which means that it must be given in multiple languages. If OSHA decides to audit your business, as an employer it will be up to you to validate that your workers understood the training via tests and exams.

Here are a few simple ways you can ensure you do not end up with a hefty OSHA fine for violating training regulations:

Keep a written record

To prove that your workers receive proper fall arrest training, maintain a certification record which contains:

- ✓ The name of the worker
- ✓ The date the training was held
- ✓ The signature of the trainer
- ✓ The signature of the employer

Hire a competent trainer

Keep in mind that not everyone is qualified to give fall protection training. Even though the trainer does not need to have a degree to conduct a session, it must be completed by a competent individual who:

- ✓ Understands the fall hazards and procedures that can reduce risks
- ✓ Understands the methods for maintaining, inspecting, disassembling and installing fall arrest systems.
- ✓ Knows what type of fall arrest systems are necessary in particular situations.
- ✓ Understands the limitations of mechanical equipment that is used in roofing.
- ✓ Understands the role of employees in fall protection plans.
- ✓ Understands the role of rescue, safety and retrieval plans.

Additionally, trainers should address the following fall hazards during training sessions:

- ✓ Obstacles – obstacles on walkways and work areas include spills and clutter which workers can trip over. These should be removed as soon as possible to prevent accidents.
- ✓ Open drawers and cabinets – these should be closed when not in use or workers may trip over them.
- ✓ Stairs, escalators and ramps – handrails should be installed on all 3 for safety.
- ✓ Blocked view – workers should be discouraged from carrying anything that they can't see over.
- ✓ Improper ladder use – workers should know 3 points of contact rule for ladders and the fact that they should always face it when going up or down.
- ✓ Wet surfaces – workers should be encouraged to wear footwear that does not make them slip. If they have to work on slippery surfaces, they should be trained to take short steps to keep from falling.
- ✓ Holes in the floor – falls can be prevented with guard rails or toe guards.
- ✓ Open sided platforms – workers should be trained to ensure that if a platform is 4 feet off the ground it should have guard rails and toe guards to prevent falls.
- ✓ Hazardous equipment – if the chances of a worker falling between machinery is high (such as in a chemical vat or conveyor belt) guard rails and toe guards should be provided.
- ✓ PPE – workers should be equipped with personal protective equipment such as safety harnesses, safety nets, helmets etc.

Keep your workers safe by ensuring that they are trained by a competent person. Learn more at **OSHAcampus.com**.