



Training Solutions, Delivered!

FALL HAZARDS IN CONSTRUCTION

**Leader's Guide, Fact Sheet
& Quiz**

Item Number: 5250
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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

5250 FALL HAZARDS IN CONSTRUCTION FACT SHEET

LENGTH: 3:18 MINUTES

PROGRAM SYNOPSIS:

Fall Hazards are one of the leading causes of injuries and fatalities in construction. Most fall-related injuries and deaths in construction result from falls from height. The three major sources of falls from height include roofs, unprotected edges, holes and openings, improper scaffold construction and the unsafe use of portable ladders.

PROGRAM OBJECTIVES:

After watching the program, the participant should be able to explain the following:

- What fall injuries are;
- The hazards involved with working on elevated surfaces;
- Why being aware of surroundings is important;
- The importance of using proper PPE and safety devices.

INSTRUCTIONAL CONTENT:

FALL HAZARDS IN CONSTRUCTION

- Fall Hazards are one of the leading causes of injuries and fatalities in construction and are one of OSHA's "Fatal Four" construction hazards.
- Most fall-related injuries and deaths in construction result from falls from height. The three major sources of falls from height include roofs, unprotected edges, holes and openings, improper scaffold construction and the unsafe use of portable ladders.
- Holes and openings in floors, walls or roofs that are found on construction sites should be protected by guardrails or covers to prevent workers from falling through them.
- In general, all employees on a surface with an unprotected side or edge which is six feet or more above a lower level must be protected from falling by the use of fall protection such as guardrail systems or personal fall arrest systems. Never work near an unprotected edge without some type of fall protection in place.
- Standard guardrails are often the preferred choice for fall protection against unprotected edges. When guardrails are not installed, a personal fall arrest system is often used to protect workers from fall hazards. This system includes the use of a body harness, an anchor point and a connecting device.
- When working on a supported scaffold, a guardrail or a personal fall arrest system must be used. If a guardrail system is utilized, it must be installed on all open sides and ends of scaffold platforms.
- Whenever a scaffold platform is more than two feet above or below the point of access, a stair tower or suitable ladder is required for safe access.
- When climbing a scaffold ladder, maintain three points of contact when climbing and do not climb on the scaffold's cross braces.
- Let's now talk about ladder safety.
- To use a ladder safely, make sure you place an extension or straight ladder so that it sits at a four to one angle. When setting up a step ladder, ensure that the spreader bars are fully deployed. All ladders should be set up on a firm, level surface.
- When trying to access an elevated surface, such as a roof or upper platform, ensure the ladder extends three feet, or three rungs, above the landing and is tied off or secured. Use three points of contact when climbing a ladder, which means that two feet and one hand, or two hands and one foot, must be in contact with the ladder at all times.

- Never stand on the top two steps of a step ladder or the top three rungs of a portable straight or extension ladder. Finally, make sure you're not overextending your reach when working from ladders. A good rule of thumb is to keep your belt buckle between the side rails at all times.
- Construction workers must be able to recognize and avoid these fall hazards and follow the safe work practices and procedures required to prevent injuries and fatalities.

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ANSWERS TO THE REVIEW QUIZ

1. a

2. c

3. b

FALL HAZARDS IN CONSTRUCTION
REVIEW QUIZ

Name _____ Date _____

The following questions are provided to determine how well you understand the information presented in this program.

1. Most fall-related injuries and deaths in construction are a result of a fall from height.
 - a. True
 - b. False

2. Which of the following is not a major source of falls from height?
 - a. Unprotected edges
 - b. Holes and openings
 - c. Uneven terrain
 - d. Improper scaffold construction
 - e. The unsafe use of portable ladders

3. When using a ladder to access an elevated surface, the ladder must extend _____ above the surface and be tied off.
 - a. 2 feet
 - b. 3 feet
 - c. 4 feet
 - d. 12 inches