

Welcome to OR-OSHA's *Construction Depot*



The *Construction Depot* is a quarterly newsletter focusing on safe work practices for the construction industry — news you can use to make your workplace a safer, healthier one.

Going up?

Work-related falls injure about 5,000 employees every year in Oregon. In the construction industry, falls account for 23 percent of accepted workers' compensation claims, second only to accepted claims for overexertion injuries (26 percent).

In July 2000, we began a two-year effort to help construction-industry workers eliminate fall hazards from their workplaces. But our compliance officers, trainers, and consultants can only do part of the job. This issue of *Construction Depot* describes how you can help.

Working six feet or more above a lower level?

Be aware of fall hazards where you're working and when you're working. Here are common examples of hazardous work areas and hazardous tasks.

Hazardous work areas

- Holes in floors and roofs
- Hoist areas
- Runways
- Excavations
- Wall openings
- Unprotected roof edges
- Slippery or unstable surfaces

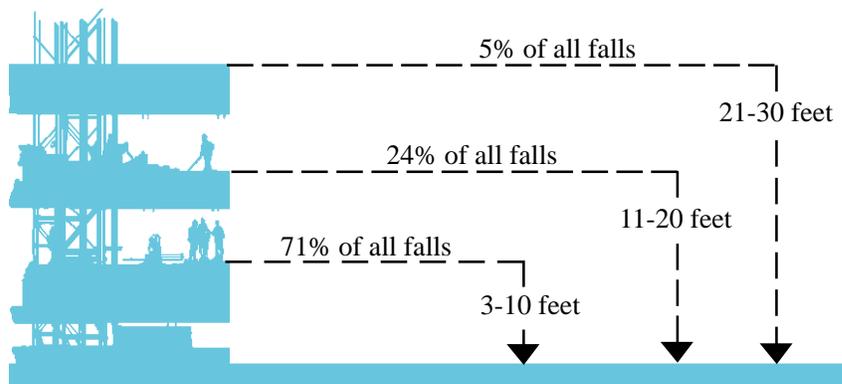
Hazardous tasks

- Working on scaffolds
- Concrete forms
- Placing rebar
- Overhead bricklaying
- Working on steel beams
- Erecting exterior walls
- Working on roofs

You don't have to fall far to get hurt!

For most construction work, if you're six feet or more above a lower level and exposed to a fall hazard, you must use fall protection — guardrails, a safety net, or a personal fall-arrest system. For some residential-type construction tasks, you need to use fall protection above 10 feet and, for structural steel connecting tasks, you need to use fall protection above 25 feet. Three to 10 feet isn't a great distance, but it accounts for about 70 percent of the accepted disabling claims among Oregon workers who are injured by falls.

How far Oregon workers are falling



Thinking about fall protection

What *is* fall protection, anyway?

- Fall protection systems
- Fall protection methods
- Fall protection training
- Fall protection procedures
- Fall protection rules
- Fall protection equipment

Or is fall protection a special insurance policy that protects you from harm between summer and winter?

Fall protection is a concept that *describes* any “thing” that controls the risk of a fall. Fall protection also *implies* responsibilities: For example, if you’re an employer, you must be aware of fall hazards at your worksite and you must eliminate them or control exposure to them. If you’re an employee, you’re responsible for following the fall-protection policies, procedures, and training of your employer.



Fall protection: what it really means

- Enforcing and following safe work procedures and practices
- Motivating employees to report fall hazards to management
- Managers who are committed to identifying and eliminating fall hazards
- Training employees to recognize fall hazards and to use fall-protection equipment properly
- Reviewing fall-protection procedures to ensure they’re effective

Want to know more about fall protection?

Attend the **OR-OSHA training workshop # 301: Fall Protection.**

- When:** July 31, 1-5 p.m.
Where: Portland Community College, Capital Center, 18624 NW Walker Rd, Beaverton, OR 97006
Cost: Free

Participants will learn fall-protection principles and rules (Division 3, Subpart M) and gain a better understanding of fall-protection systems and methods. Also covers requirements for safe work procedures in the construction industry. Participants will learn where and why fall protection is required; discuss how to select the best method of fall protection, plan for a rescue, and pre-plan on-site fall protection; and learn the use and limitations of a fall-arrest system.

To sign up or to get more information, call **(503) 947-7443**.

Fall-protection videos

OR-OSHA’s AV Library has hundreds of workplace safety videos for loan to Oregon employers and employees. The AV Library’s fall-protection videos include the following:

Number	Title
0320	Anchorage Make The Connection
0336	Caught In Time: Fall Protection
0848	Elements Of Fall Protection
1019	Fall Protection In Spanish
0385	Fall Protection In The Construction Industry
0772	Fall Protection Systems
1043	Falls In The Workplace
0215	Hangman (Spanish)
0854	Heightened Awareness: Fall Protection In The Construction Industry
0379	How Safe Is That Safety Belt?
0319	Personal Fall Protection
0281	Safety Cable System

For more information about the AV Library or to borrow a video, call toll-free (800) 922-2689, or visit us on the World Wide Web: www.orosha.org.