



FALL RESTRAINT OR FALL ARREST SYSTEMS



Things to do before giving this tailgate training

- ▶ Have the crew bring personal fall restraint or arrest equipment. Prepare to have someone demonstrate how to wear the gear and review manufacturers' recommendations.
- ▶ Review Key Training Points on the back of card 4a (different areas can be covered at several tailgates).
- ▶ Look up in the index of the Cal/OSHA Pocket Guide for the Construction Industry either *guardrails*, *roof*, *fall restraint system*, or *fall arrest system* and read the pages listed. See http://www.dir.ca.gov/dosh/dosh_publications/ConstGuideOnline.pdf.
- ▶ Refer to: Personal Fall Arrest System (PFAS) Safety
<http://www.mass.gov/eohhs/docs/dph/occupational-health/pfas-construction-contractors.pdf>
- ▶ Download a copy of the video *Preventing Falls through Skylights* (see download instructions: <http://www.cdph.ca.gov/programs/ohb-face/Pages/SkylightAction.aspx>) onto a DVD or flash drive or view the video on YouTube: <http://dld.bz/c2bjp>.
- ▶ Make sure the computer you plan to show the video on has good speaker volume, and choose a viewing location that isn't too bright.
- ▶ Be prepared to discuss what happened in the video and your company's practices for preventing falls when working around skylights, roof or floor openings.



SAFETY BREAK



Fall arrest

