Syracuse Builders Exchange FOUNDED 1872

BIE SAFETY ADVISOR

2016 NATIONAL FALL SAFETY STAND-DOWN ANNOUNCED

OSHA, the National Institute for Occupational Safety and Health and the Center for Construction Research and Training have announced May 2-6, 2016, as the official week for the third annual National Safety Stand-Down. The event is a nationwide effort to remind and educate employers and workers in the construction industry of the serious dangers of falls that remain the leading cause of death in the industry. Employers are encouraged to pause during their workday for topic discussions, demonstrations, and training on how to recognize hazards and prevent falls.

More than four million workers participated in the National Safety Stand-Down in 2014 and 2015. OSHA expects thousands of employers across the nation to join the 2016 event. To guide their efforts, OSHA hosts the official National Safety Stand-Down website, www.osha.gov/StopFallsStandDown/index.html, with information on conducting a successful stand-down.

Resources that can be found on the National Safety Stand-Down website include: Fall Protection in Construction, Protecting Roofing Workers, Falling Off Ladders Can Kill: Use Them Safely, Fall Prevention Training Guide: A Lesson Plan for Employers, Preventing Falls in Construction and Fall Prevention Poster and Prevention Videos (V-Tools).

The National Safety Stand-Down in 2016 is part of OSHA's ongoing Fall Prevention Campaign, which provides employers with lifesaving information and educational materials on how to take steps to prevent falls, provide the right equipment for their workers and train all employees on its proper use.

Who Can Participate? Anyone who wants to prevent falls in the workplace can participate in the Stand-Down. In past years, participants included commercial construction companies of all sizes, residential construction contractors, sub- and independent contractors, highway construction companies, general industry employers, the U.S. Military, other government participants, unions, employer's trade associations, institutes, worker interest organizations, and safety equipment manufacturers.

Partners - OSHA is partnering with key groups to assist with this effort, including the National Institute for Occupational Safety and Health (NIOSH), the National Occupational Research Agenda (NORA), OSHA approved State Plans, State consultation programs, the Center for Construction Research and Training (CPWR), the American Society of Safety Engineers (ASSE), the National Safety Council, the National Construction Safety Executives (NCSE), the U.S. Air Force, and the OSHA Training Institute (OTI) Education Centers.

How Does My Company Conduct A Safety Stand-Down? Companies can conduct a Safety Stand-Down by taking a break to have a toolbox talk or another safety activity such as conducting safety equipment inspections, developing rescue plans, or discussing job specific hazards. Managers are encouraged to plan a stand-down that works best for their workplace anytime during May 2-6, 2016.

See Suggestions to Prepare for a Successful "Stand-Down" (www.osha.gov/StopFallsStandDown/suggestions.html).

The link to the Frequently Asked Questions is: www.osha.gov/StopFallsStandDown/faqs.html

OSHA also hosts an Events page with events that are free and open to the public to help employers and workers find events in your area, just click on Region II.

www.osha.gov/StopFallsStandDown/calendar.html

Monthly Toolbox Talk

Roofing Work Safety

Falls are the leading cause of injuries at work sites. Falls can occur from ladders, scaffolding, vehicles, heavy equipment, aerial lifts, openings, platforms, and roofs.

Fall prevention must be provided when working on steep roofs, open-sided floors, landings, or scaffold platforms, etc., whether the work activity is conducted by a general contractor, self-employed contractor, subcontractor or an individual worker.

What are fall hazards?

- Unprotected leading edge work
- Unprotected wall and floor opening
- Hoist areas
- Uncovered holes
- Roof and elevator openings
- Poor working surface integrity
- Unprotected ramps and runways
- Dangerous equipment
- Form work and reinforcing steel
- Excavations, wells and pits

A fall hazard may result in death (fatality) or serious injuries such as permanent paralysis, blunt trauma to the head, broken bones, fractures, or other internal damage.

How to protect workers from fall hazards:

The most effective way to protect workers from falls is to **eliminate the fall hazard**. If this is not feasible, the employer is required to use at least one of the following: Guardrails, Fall Restraint, Fall Arrest or Other Acceptable Systems.

Personal Fall Arrest Systems (PFASs), or fall restraints consist of:

Anchorage - A fixed and secured point of attachment for lifelines, lanyards, or deceleration devices capable of supporting 5,000 lbs. Sound anchorages include: structural members, but not standpipes, vents, other piping systems and electrical conduit.
Body Harness - Straps, which may be secured to the body in a manner, which will distribute fall arrest forces over the thighs, pelvis, waist, chest and shoulders, with a means to attach to other components of a PFAS.
Connectors - Devices used to couple/connect parts of the PFAS and positioning system devices together, e.g. a carabineer or an integral part of the system such as a Dee-ring or buckle (sewn into a body harness) or a locking snap-hook.
Deceleration Device - Any mechanism, such as a rope grab, rip-stitch lanyard, specially woven lanyard, tearing or deforming lanyards, automatic self-retracting lifelines/lanyards, which serves to dissipate a substantial amount of energy during a fall arrest, or otherwise limit the energy imposed on an employee during fall arrest.

Inspections -Daily inspections are required prior to use of PFASs for wear damage, deterioration or other component defect and if observed, the PFAS must be immediately removed from service.

What steps do we take to keep us working safely on roofs?

- Use PFASs or other fall protection systems, as per the OSHA Fall Protection standard.
- Training in hazard recognition and the OSHA Fall Protection standard to properly identify and understand the severity of fall hazards and certify through a written record.
- Guard or secure covers over holes with materials of sufficient strength, and write “Hole” over the cover upon observing the fall hazard.
- Provide and use safety monitor systems, warning line systems, or controlled access zones, in accord with the OSHA Fall Protection standard.