

## Use of a Personal Fall Arrest System

**GOALS:** *At the end of this session, your crew should be able to:*

- Understand when fall protection is required when working on roofs and the proper use of a personal fall arrest system.

### **WHAT DO I NEED?**

- Proper PPE
- Personal fall arrest system
- Proper anchor point

### **FLOW:**

- OSHA 1926.501(a)(2) - The employer shall determine if the walking/working surfaces on which its employees are to work have the strength and structural integrity to support employees safely. Employees shall be allowed to work on those surfaces only when the surfaces have the requisite strength and structural integrity.
- Are you working on a roof with unprotected sides and edges?
- Is the walking/working surface (horizontal and vertical surface) with an unprotected side or edge 6 feet (1.8 m) or more above a lower level?
- If yes, use of guardrail systems, safety net systems, or personal fall arrest systems is required.
- Obtain a personal fall arrest system.
- Before using personal fall arrest equipment, each affected employee shall be trained to understand the application limits of the equipment and proper hook-up, anchoring, and tie-off techniques. Affected employees shall also be trained so that they can demonstrate the proper use, inspection, and storage of their equipment.
- Inspect your personal fall arrest systems prior to each use for mildew, wear, damage, and other deterioration.

- Properly put your personal fall arrest system on following manufacture guidance and prior training.
- Obtain the location of the anchor point that is capable of supporting at least 5,000 pounds (22.24 Kn) per employee attached.
- Safely ascend to the working surface and anchor your personal fall arrest system.
- While performing your task be cognizant of your personal fall arrest systems rope to ensure you are not tripped by it.
- When finished with your task safely disconnect your anchor and return to the ground

**NOTES:**

- Never work on a roof alone.
- Have a coworker double check your personal fall arrest systems once you put it on.
- If you are not comfortable, say something!