

SAFETY MEETING TOPIC

This form shall be completed and kept on file

Job Name _____ Location _____ Job No. _____
Meeting Leader _____ Title _____
Date Held _____ Place _____ Time _____
Subject of Meeting _____ **FIXED FALL PROTECTION SYSTEMS** _____

SAFETY NETS

Safety nets may be installed to protect workers from falls. The net must be tested before use by dropping a 400 pound bag of sand from the highest level from which a fall hazard exists. The net must prevent contact with surface below. Defective nets have to be repaired or removed from service. Nets that have been repaired or left in place for more than 6 months must be retested. If tests cannot be performed, a competent person must certify that the net is in compliance. A record of the certification has to be available at the jobsite.

On a weekly basis, the nets must be inspected for wear, damage, and other deterioration. Defective nets have to be removed from service. Any scrap, tools and other materials that fall into the net must be removed as soon as possible. The net should be as close as possible to the working level, but no more than 30 feet below. To work at a higher level, the net must be removed and retested.

GUARDRAILS

Guardrails are commonly used to provide fall protection. They must be installed before working on an elevated surface. Never lean on guardrails. The top rail of a guardrail system must be between 38 and 45 inches above the walking/working level. When necessary the height of the top edge may be increased. For example, if you are using stilts to tape and mud sheet rock, the top rail must be increased equal to the height of the stilts. The top rails must be able to withstand 200 pounds of pressure.

Midrails, screens, mesh, or other structural members must be installed between the top edge of the guardrail system and the walking/working surface when there is no wall or parapet wall at least 21 inches (53 cm) high. These structures must withstand 150 pounds of pressure. Midrails must be installed midway between the working level and the top rail.

Guardrails should not pose additional hazards. Guardrail surfaces must be smooth to prevent punctures or lacerations, and snagging of clothing. Edges or connections must not extend into the work area and cause a projection hazard. Steel banding and plastic banding cannot be used for top rails or midrails. If wire rope is used for top rails, flags have to be placed every 6 feet.

Hoisting areas and holes pose special problems. A chain, gate or removable guardrail must be secured when paints and other materials aren't being hoisted. All unprotected sides or edges of a hole must be protected. When holes are used for the passage of materials, not more than two sides of the guardrail system can be removable. When the hole is not being used, a cover must be placed over the hole or all sections of the guardrail system must be

replaced. Covers should be marked "HOLE" or "COVER." Holes that are used as a ladder access must have a gate. The gate has to be in place when the ladder is not in use.

Wood, pipe or structural steel can be used for guardrail systems. If wood is used, the specifications listed should be followed. Wood components shall be a minimum 1500 lb-ft/in 2 fiber (stress grade) construction grade lumber; the posts shall be at least 2" x 4" (5 cm x 10 cm) lumber, the intermediate rail shall be at least 1" x 6" (2.5 cm x 15 cm) lumber. All lumber dimensions are nominal sizes.

If pipe is used, these specifications should be followed. Posts, top rails, and intermediate railings shall be at least one and one-half inches nominal diameter (schedule 40 pipe) with posts spaced not more than 8" (2.4 cm) apart on centers.

If structural steel railings are used, these specifications should be followed. Posts, top rails, and intermediate rails shall be at least 2" x 2" (5 cm x 10 cm) by 3/8" (1.1 cm) angles, with posts spaced not more than 8' (2.4 m) apart on centers.