

Georgia Transmission Fall Protection

Administrative Safety & Health Manual

Policy Purpose: To provide guidelines for maximum protection against falls from elevations. Refer to the [Fall Protection Policy](#) in the ASH Manual to learn more.

Make Fall Safety a Top Priority

Workplace falls are a very serious safety concern. Injuries resulting from a fall can be very detrimental and life changing. We must take the proper steps to minimize exposure to hazards.

In 2019, 880 workers died in falls and 244,000 were injured badly enough to require days off of work. A worker doesn't have to fall from a high level to suffer fatal injuries.

Personal Fall Restraint System (PFRS)

A PFRS is a system used to restrain an associate from falling off of an elevated working surface of 0 degrees to 18.4 degrees of slope. It consists of a fixed length lanyard and a full body harness. This system is designed to prevent a person from reaching the fall hazard.

Aerial Lifts and Self-Powered Work Platforms

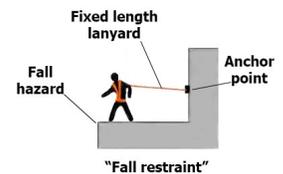
- Associates working from an aerial lift are required to utilize a PFAS or a PFRS. OSHA does not permit the use of a body belt when working from an aerial lift.
- Body harnesses must be worn with a shock-absorbing lanyard when working from an elevated work platform.
- Associates should not move an aerial lift while the boom is in an elevated working position and the operator is inside of the lift platform.



Personal Fall Arrest System (PFAS)

A PFAS is a system used to arrest an associate in a fall from a working level. It consists of 3 components: an anchorage, connectors and a full body harness. Associates requiring the use of personal fall protection equipment should employ the "buddy system."

PFAS should be utilized whenever an associate is exposed to a fall of 4 feet or greater. These situations include:



- a) A walking/working surface with an unprotected side, edge, or hole, which is 4 feet or more above a lower level.
- b) A leading edge, which is 4 feet or more above a lower level.
- c) Hoist areas above 4 feet or higher.
- d) On, at, above or near wall openings, where the outside bottom edge or the wall opening is 4 feet or more above a lower level and the inside bottom edge of the wall opening is less than 39 inches above the walking/working surface.

Below are some of the requirements for PFAS components.

- PFAS body harnesses are required.
- A connecting device can be a rope or web lanyard, rope grab or retractable lifeline.
- Attach the anchors to a sound structure capable of withstanding a 5,000 lb. static load per person attached.

Think About Ladder Safety

Many workers are injured from falls each year caused by using a ladder improperly. Therefore, we must take the necessary precautions to avoid injuries. When selecting the height of a ladder, make sure to consider the highest standing level on the ladder. Also consider the working load, which includes the user's weight, materials, and tools the ladder will need to support.

Keep in mind that portable ladders are designed to support one person at a time, so two people should never be on the ladder simultaneously.

For more tips on proper ladder use, view the figure on the right.

SAFE STEPLADDER USE

- Follow manufacturer instructions and ladder labels
- Face the ladder while climbing up or down
- Keep slippery materials away from ladders
- Use a barricade to keep traffic away
- Only put ladders on a stable, level surface
- Maintain 3 points of contact (two hands and a foot, or two feet and a hand)
- Check for, and avoid, overhead power lines

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