

Fall Protection

Ways to prevent people from falling:

- Ensure to guard every floor hole into which a worker can accidentally walk by, use of a railing and toe board or a floor hole cover to prevent a fall.
- Provide a guardrail and toe board around every open-sided platform, floor or runway that is 4 feet or higher off the ground or next level.
- Regardless of height, if a worker can fall into or onto dangerous machines or equipment, guardrails and toe boards must be installed to prevent workers from falling and getting injured.
- Keep floors in work areas in a clean and sanitary condition.
- The Training and Compliance Office (TCO) recommends the use of Fall Restraint to prevent falls when guardrails are not feasible.
- Other means of fall protection that may be required on certain jobs include safety harness and line, safety nets, stair railings and handrails.
- When Personal Fall Arrest Systems (PFAS) are employed a Written Fall Protection Plan is required. Contact TCO at tco@uvm.edu or 656-SAFE for assistance.
- Alert you supervisor of known dangers in the work place so corrective action can be taken.

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