

# WORKING AT HEIGHTS FALL PROTECTION PLAN



According to the 2020/2022

**U.S. BUREAU OF LABOR STATISTICS (BLS): FALLS, SLIPS, AND TRIPS**

**2020 LOST WORKDAY**

- **USA** all industries: **256,830** injuries
- **Texas** all industries: **15,100** injuries

**2022 FATAL**

- **USA** all industries: **865** fatalities
- **Texas** all industries: **87** fatalities



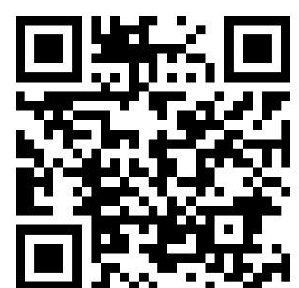
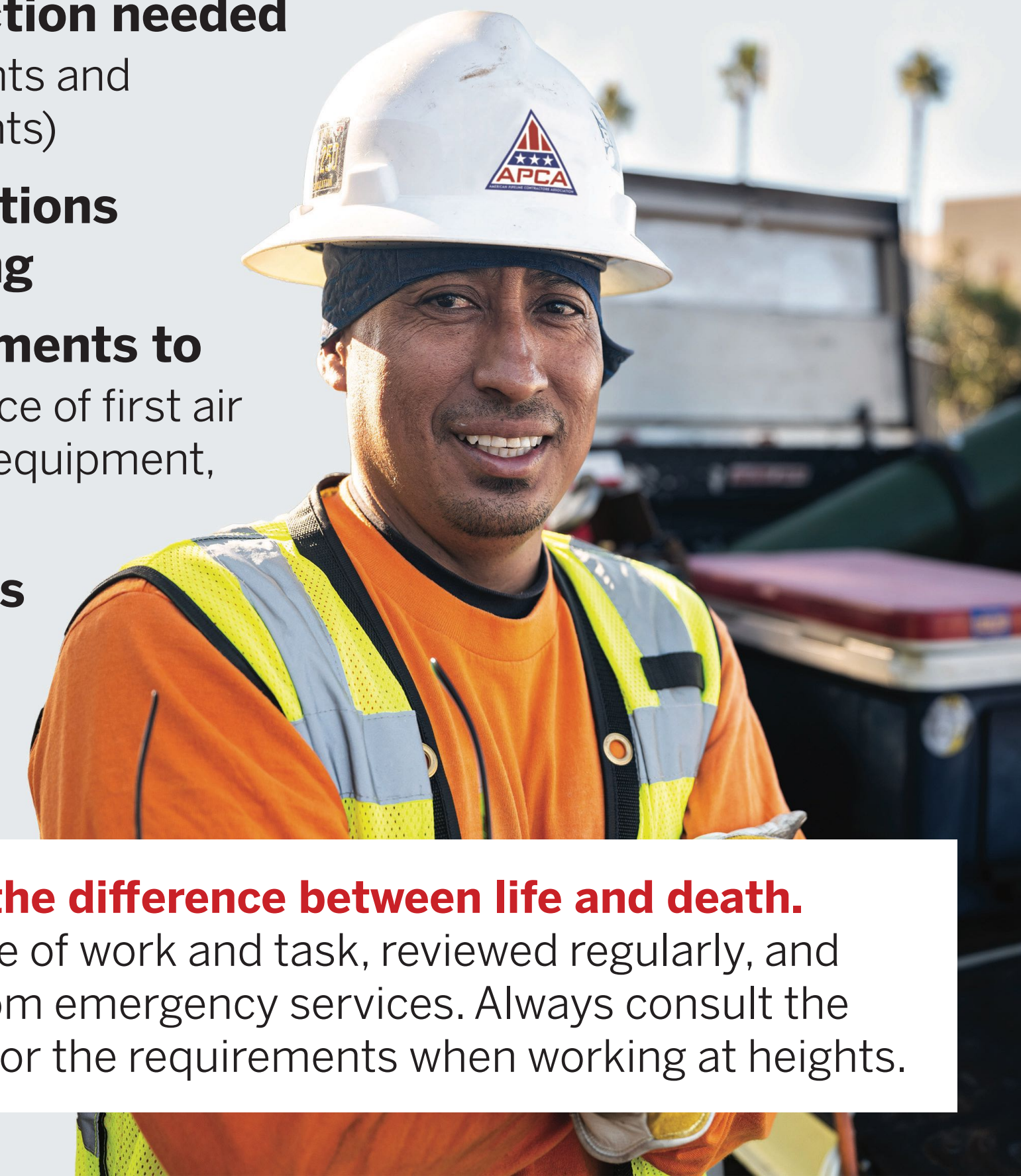
## BEFORE YOU START WORK, CONSIDER:

- **The areas a worker could fall:**
  - from a height of 6ft. or more
  - into water, liquid, or a hazardous substance
  - into operating equipment or an object
  - through an opening in a work surface
- **Can the work be done at ground level?**
- **Does work need to be delayed until safety features can be installed?**
- **Are workers trained to work at heights and to recognize and report fall hazards?**
- **What controls need to be in place to reduce fall risks?**
- **Is fall protection equipment required, available, and in good condition? Are workers trained on its use?**
- **Will ladders, scaffolds, aerial devices, platforms, and other equipment be used? Have they been inspected and maintained? Are workers trained on their use?**



## SITE-SPECIFIC FALL PROTECTION PLANS INCLUDE:

- ✓ **Site location**  
(address, description, work areas, tasks)
- ✓ **Site-specific fall hazards**  
(maximum heights, roof slope, proximity to power lines, ground cover)
- ✓ **Type of fall protection needed**  
(including anchor points and clearance requirements)
- ✓ **Equipment inspections and worker training**
- ✓ **Any other requirements to begin work** (presence of first aid or rescue personnel, equipment, barricades, etc.)
- ✓ **Rescue procedures**
- ✓ **Worker sign-off**



**MARK YOUR CALENDARS:**  
**NATIONAL SAFETY STAND-DOWN**  
**TO PREVENT FALLS IN CONSTRUCTION**  
**MAY 6-10, 2024**

**Proper rescue plans can be the difference between life and death.** Each plan is specific to the type of work and task, reviewed regularly, and accounts for response time from emergency services. Always consult the legislation in your jurisdiction for the requirements when working at heights.