

CURRICULUM | FALLS (ALTURAS)



“Workers’ Defense Project taught me how to be safer at work. Now I’m not afraid of asking questions, and I’m even learning how to facilitate safety trainings for other members.”

—JORGE DE LOS SANTOS



FALLS (ALTURAS)

PROTECT YOURSELF FROM FALLS IN CONSTRUCTION

FALL PROTECTION

Introduce the topic (1 min)

Read aloud:

- Next we'll talk about how best to protect yourself from falls when working up high. Did you know that trips, slips, and falls on ladders form a large part of all injuries and fatalities among workers? The use of handrails, fall protection systems, covers and personal fall arrest systems can prevent many falls. We'll discuss various fall hazards and how to avoid them.

Assignment 1 (5 min)

Hazard Photos. Pass out photos of fall hazards to each group:

- Based on your own experiences, the information in the Workers' Manual, and the video, each group should identify the fall hazards and how best to correct them using the hierarchy of controls (presented at the beginning of the training). You have 5 minutes.

FALL PROTECTION

Presentations and summary (5 min)

Reports: When the groups have finished discussing, ask that each group present how they would respond to the fall hazards in the photos.

- ▶ While they explain, ask the other groups if they agree, and/or if they would suggest something different. Next ask both other groups to present their responses to the fall hazards.

Ladders:

- Make sure that the ladder is long enough to reach the work area.
- Keep ladders and shoes free of oil, grease, mud and other slippery hazards.
- Only use ladders on stable surfaces, and secure the ladder from above and below to prevent movement.
- Don't carry anything in your hands while going up or down a ladder.

Scaffolds:

- Scaffolding should be designed and constructed adequately.
- Never use bricks, blocks or barrels to support scaffolding. Don't use ladders on top of scaffolding to reach higher, nor to get onto scaffolding.
- All scaffolding should support at least 4 times the expected weight.

FALL PROTECTION

Presentations and summary (continued)

Fall Protection:

- The main types of fall protection are guardrail systems, covers, and personal fall arrest systems, such as full-body harnesses.
- Fall protection is obligatory when workers can fall 6 feet or more or while working over dangerous equipment.
- Fall protection systems should be examined before each use for damage and deterioration



Remember! You must use some kind of fall protection whenever you are working six feet or higher.

FALL PROTECTION

Video and assignment 2 (10 min)

Read aloud:

- Pay close attention to the scenarios at the end of the video. Each group will be assigned a scenario.

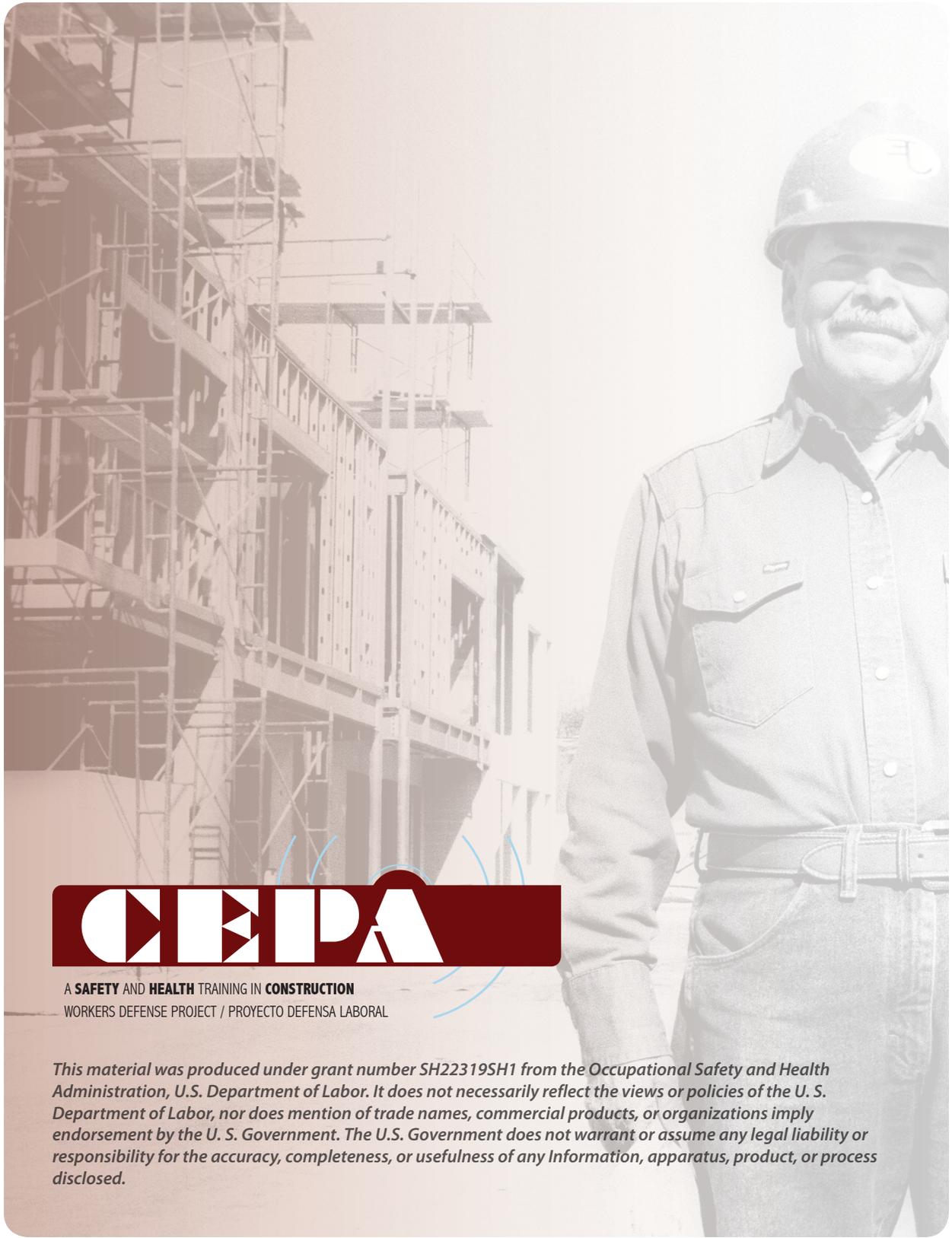
Begin the video. Assignment 2, after the video:

- Based on your own experiences, the information in the Workers' Manual, and the video, each group should discuss how you would respond to the assigned scenario.
- ▶ **While they explain, ask the other groups if they agree, and/or if they would suggest something different. Next ask both other groups to present their responses to the scenarios.**



Questions to stimulate discussion:

- When is fall protection necessary in construction work?
- Why should you always have three points of contact while going up and down a ladder?
- How should you carry materials and tools while using a ladder?
- Does your boss provide fall protection at work? If so, what kinds?



A **SAFETY** AND **HEALTH** TRAINING IN **CONSTRUCTION**
WORKERS DEFENSE PROJECT / PROYECTO DEFENSA LABORAL

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