

What are Personal Detention Systems?

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



"Workers' Defense Project taught me how to be safer at work. Now I'm not afraid to ask questions, and I'm even learning how to facilitate safety trainings for other members."
—JORGE DE LOS SANTOS



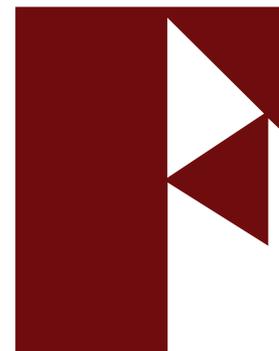
Anchor



Connector

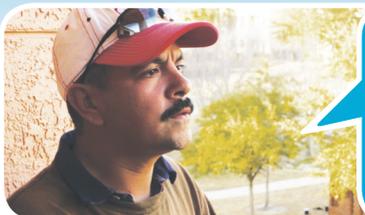


Full body harness



FALLS

PROTECT YOURSELF
FROM FALLS IN
CONSTRUCTION



All scaffolding should be able to support four times the anticipated weight. They should fully plank, be without holes, and be at least 18 inches wide.



FALL PROTECTION

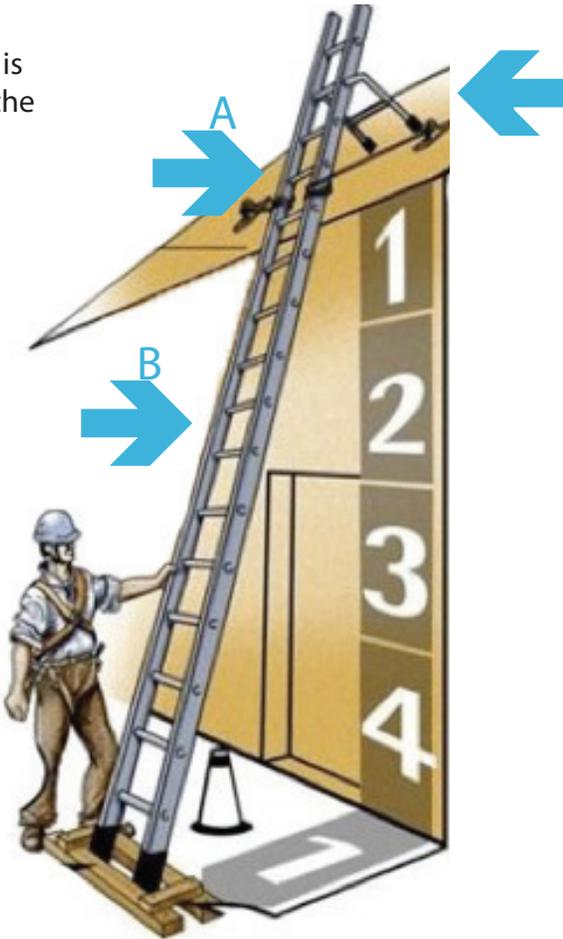
How can I be safe with portable ladders?

A Make sure that the ladder is sufficiently long to reach the work area.

B Keep ladders and shoes free of oil, grease, mud, and other slippery hazards.

C Use ladders on stable surfaces, and secure the ladder from above and below to prevent movement.

D Don't carry anything in your hands while going up or down a ladder.



When are guardrails necessary?



- Any site from which a person could fall from six feet or more requires guardrails.
- Guardrails on the sides of buildings should have midrails and toe-boards at the base when there is a risk of falling materials.
- Every opening in floors and roofs should have coverings, clearly marked with the word "HOLE".

What is safe scaffolding like?



- Scaffolding should be properly designed.
- Never use bricks, blocks, or barrels to support scaffolding. Nor should you use ladders on top of scaffolding, or to get onto scaffolding.
- All scaffolding should be able to support up to four times the expected weight.



Did you know that some type of fall protection is necessary when working at all heights above six feet?



All floors with unprotected sides and edges require railings: that includes walkways, the sides of the building, even open windows.