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# Getting Pros to Height and Protect Them While There!



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Director of Training and  
Jobsite Safety

Werner



Word cloud containing the following terms:

- industry
- Construction
- health
- to Health
- state Mind
- connecting people
- responsibility
- hasn't improve
- role miss
- workers
- year's
- British alongside
- unnoticed
- supportin
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- exciting
- available
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- thriving
- positive
- one
- promote
- number
- conscious
- week
- Luckily
- empowering
- means
- average
- news
- say
- lack facing
- constructionnews.co.uk
- charities
- statistics
- national
- need
- Council jobs
- collective
- point
- released
- survey
- Together
- UK's Group
- London
- Foundation
- dominated
- Surviving
- Samaritans
- Heads
- Safety
- Leadership
- gone
- raise
- now
- across
- News
- sector
- ill
- lose
- can
- mind
- help
- may
- Mates
- average

# Agenda

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- OSHA & ANSI
- A,B,C,D,&E Fall Protection
- Ladders Safety

Objective get back to the basics!

# OSHA TOP VIOLATIONS FY2023

1. **Fall Protection – General Requirements (1926.501): 7,271**
2. Hazard Communication (1910.1200): 3,213
3. **Ladders (1926.1053): 2,978**
4. **Scaffolding (1926.451): 2,859**
5. Powered Industrial Trucks (1910.178): 2,561
6. Lockout/Tagout (1910.147): 2,554
7. Respiratory Protection (1910.134): 2,481
8. **Fall Protection – Training Requirements (1926.503): 2,112**
9. Personal Protective and Lifesaving Equipment – (1926.102): 2,074
10. Machine Guarding (1910.212): 1,644



Topic	Washington DOSH	OSHA Industry	OSHA Construction	Oregon OSHA	California CSO	California GISO	DoN	USACE
Fall Protection	296-880-30005	1910	1926	1926	1670	3210	Navy Guide	EM385-1-1

# OSHA TOP VIOLATIONS FY2024



- 1. Fall Protection – General Requirements (1926.501): 6,307**
2. Hazard Communication (1910.1200): 2,888
- 3. Ladders (1926.1053): 2,573**
4. Respiratory Protection (1910.134): 2,470
5. Lockout/Tagout (1910.147): 2,443
6. Powered Industrial Trucks (1910.178): 2,248
- 7. Fall Protection – Training Requirements (1926.503): 2,050**
- 8. Scaffolding (1926.451): 1,873**
9. Personal Protective and Lifesaving Equipment – (1926.102): 1,814
10. Machine Guarding (1910.212): 1,541

Topic	Washington DOSH	OSHA Industry	OSHA Construction	Oregon OSHA	California CSO	California GISO	DoN	USACE
Fall Protection	296-880-30005	1910	1926	1926	1670	3210	Navy Guide	EM385-1-1

The background is a solid blue color with a repeating pattern of white hard hats. Each hard hat has a white cross on its front. The hard hats are arranged in a grid-like pattern, slightly offset from each other.

# Federal OSHA & ANSI Standards and Regulations

# What Is OSHA?



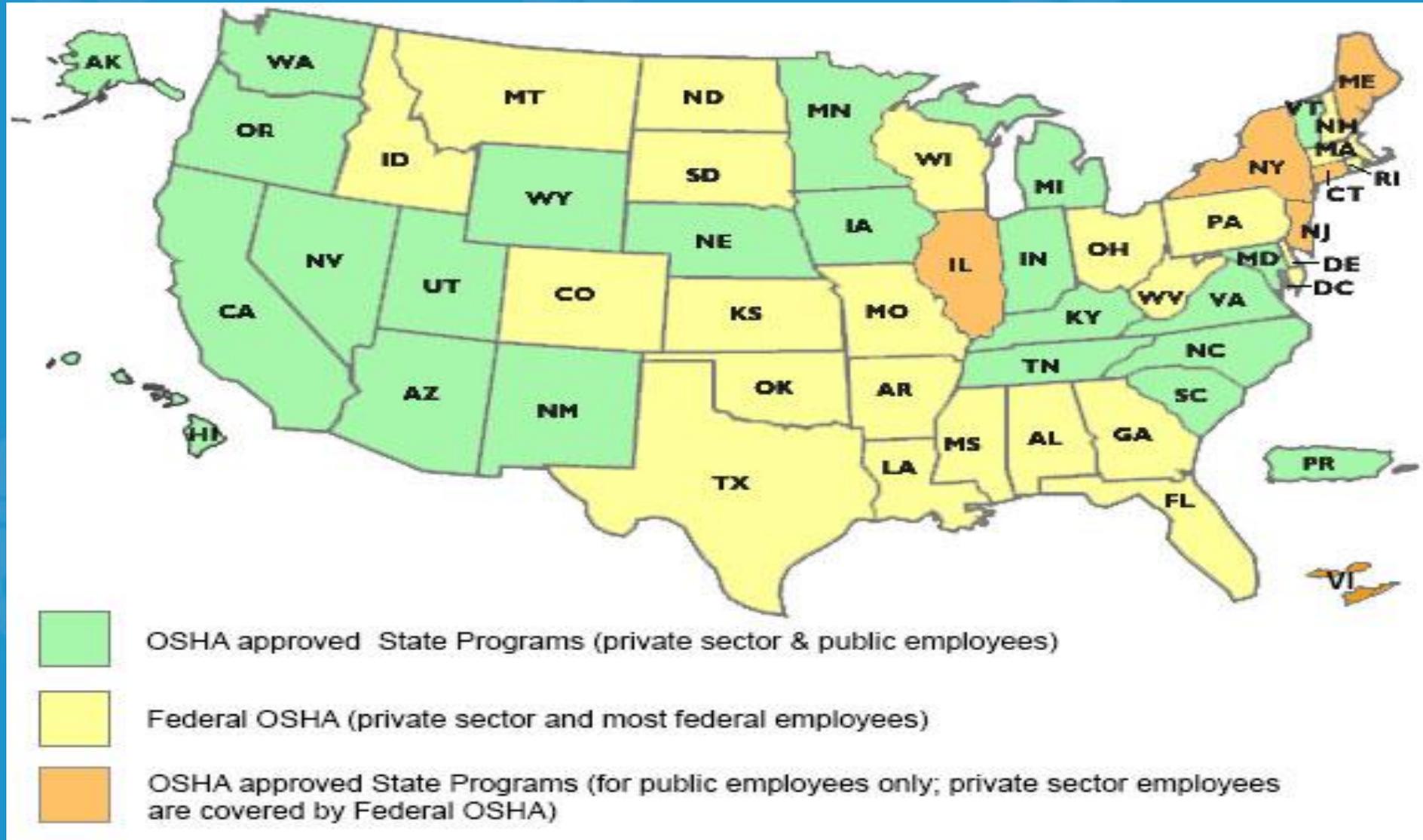
- **OSHA:**
- Stands for “Occupational Safety and Health Administration”
- Is a federal agency created to assure safe and healthful working conditions for men and women
- Establishes and enforces standards and provides training, outreach, education, and assistance
- Covers most private sector employers and workers in all 50 states
- Jurisdiction is either through Federal OSHA or an OSHA-approved state plan

# What Is OSHA?



- Federal OSHA authorized 26 states, Puerto Rico, and the Virgin Islands to operate their own Occupational Safety and Health Agencies.
- These states may elect to administer state plans as long as they satisfy minimum federal requirements.
- These state plans are eligible because Federal OSHA recognizes them as being at least as effective as the federal program.
- Most state plans have selected federal OSHA standards and regulations verbatim. If there are variations it is frequently due to state programs exceeding the federal guideline requirements.

# OSHA-Approved State Plans



2024

**OSHA'S**

**TOP 10**

[www.safetyandhealthmagazine.com](http://www.safetyandhealthmagazine.com)

# OSHA – General Industry

## **1910 Subpart D – Walking-Working Surfaces**

Fixed Ladders, Ladder  
Safety Services:  
**1910.23**

Fixed Scaffolds and  
rope descent  
systems:  
**1910.27**

Training  
Requirements:  
**1910.30**

## **1910 Subpart I – Personal Protective Equipment**

Personal Fall  
Protection Systems :  
**1910.140**

## **1910 Subpart F – Powered Platforms, Manlifts, and Vehicle-Mounted Work Platforms**

Powered Platforms for  
Building Maintenance:  
**1910.66**

## **1910 Subpart R – Special Industries**

Telecommunications:  
**1910.268**

Electric Power  
Generation,  
Transmission,  
and Distribution:  
**1910.269**

# OSHA – Construction

## **1926 Subpart E – Personal Protective and Life Saving Equipment**

Safety belts, lifelines,  
and lanyards:  
**1926.104**

Safety nets:  
**1926.105**

## **1926 Subpart L – Scaffolds**

Boatswains' Chairs:  
**1926.450 – 454**

Aerial Lifts:  
**1926.453**

## **1926 Subpart M – Fall Protection**

Scope, Application  
and Definitions:  
**1926.500**

Duty to Have  
Fall Protection:  
**1926.501**

Fall Protection  
Systems Criteria  
and Practices:  
**1926.502**

Training  
Requirements:  
**1926.503**

## **1926 Subpart X – Stairways and Ladders**

Ladders:  
**1926.1053**

# ANSI

## ANSI Z359

First went into  
effect in 1992 –  
Fall Protection  
Standard

- **What is the general scope of the ANSI Z359 Code?**
  - The ANSI Z359 Fall Protection Code is an American National Standard that addresses fall protection requirements.
  - The ANSI Z359 Code is an umbrella for a series of fall protection-related standards.

# ANSI – Z359 Fall Protection Code

<b>ANSI Z359.0</b>	Definitions and Nomenclature Used for Fall Protection and Fall Arrest
<b>ANSI Z359.1</b>	The Fall Protection Code
<b>ANSI Z359.2</b>	Minimum Requirements for a Comprehensive Managed Fall Protection Program
<b>ANSI Z359.3</b>	Safety Requirements for Lanyards and Positioning Lanyards
<b>ANSI Z359.4</b>	Safety Requirements for Assisted-Rescue and Self-Rescue Systems – Subsystems and Components
<b>ANSI Z359.6</b>	Specifications and Design Requirements for Active Fall Protection Systems
<b>ANSI Z359.7</b>	Qualification and Verification Testing of Fall Protection Products

# ANSI – Z359 Fall Protection Code

<b>ANSI Z359.11</b>	Safety Requirements for Full-Body Harnesses
<b>ANSI Z359.12</b>	Connecting Components for Personal Fall Arrest Systems
<b>ANSI Z359.13</b>	Personal Energy Absorbers and Energy Absorbing Lanyards
<b>ANSI Z359.14</b>	Safety Requirements for Self-Retracting Devices for Personal Fall Arrest and Rescue Systems
<b>ANSI Z359.15</b>	Safety Safety Requirements for Single Anchor Lifelines and Fall Arresters for Personal Fall Arrest and Rescue Systems
<b>ANSI Z359.16</b>	Safety Safety Requirements for Climbing Ladder Fall Arrest Systems
<b>ANSI Z359.18</b>	Safety Requirements for Anchorage Connectors for Active Fall Protection Systems



ANCHORAGE  
& ANCHORAGE CONNECTORS



ABCDEs OF FALL PROTECTION



**BODY HOLDING DEVICE**

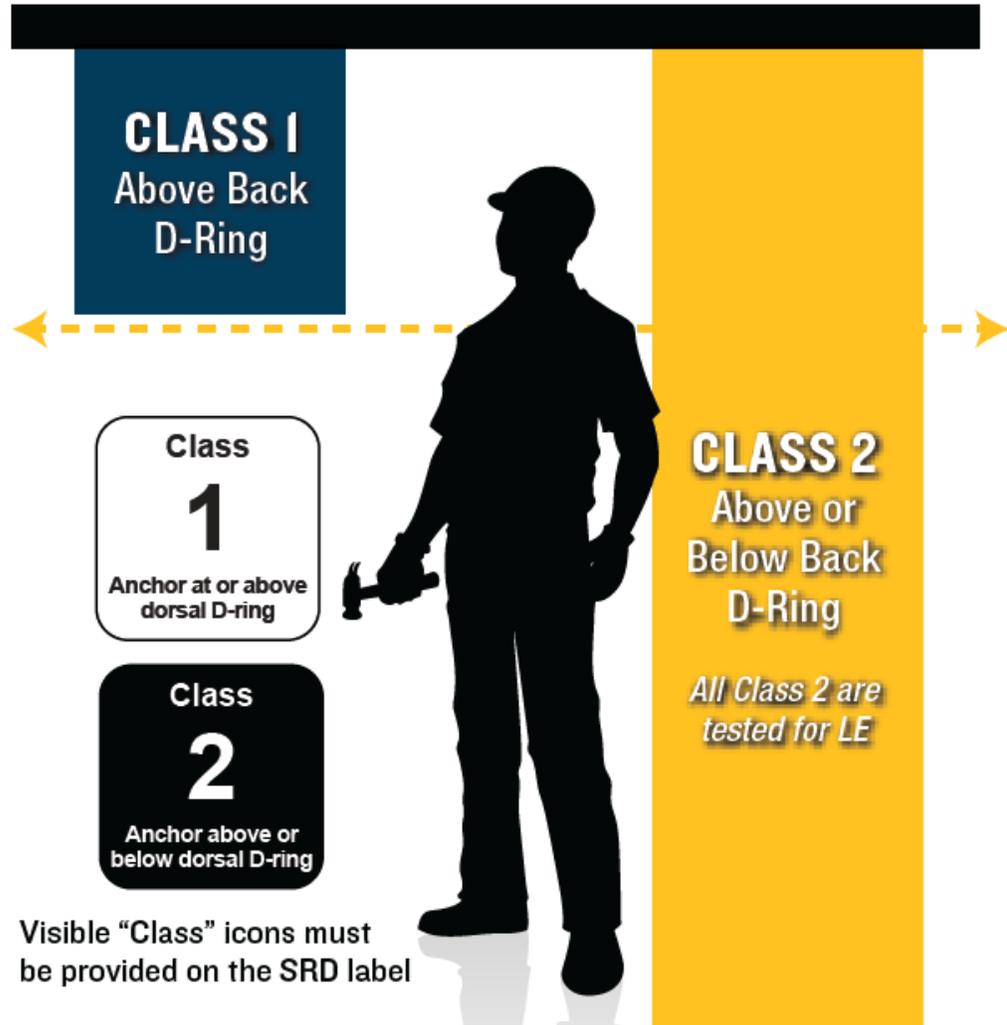
**ABCDEs OF FALL PROTECTION**



CONNECTING  
DEVICE

ABCDEs OF FALL PROTECTION

# Class 1 & Class 2 | Lanyard Code Updates



ABCs OF FALL  
PROTECTION

# DESCENT & RESCUE



ABCDEs OF FALL  
PROTECTION

EDUCATION  
& TRAINING



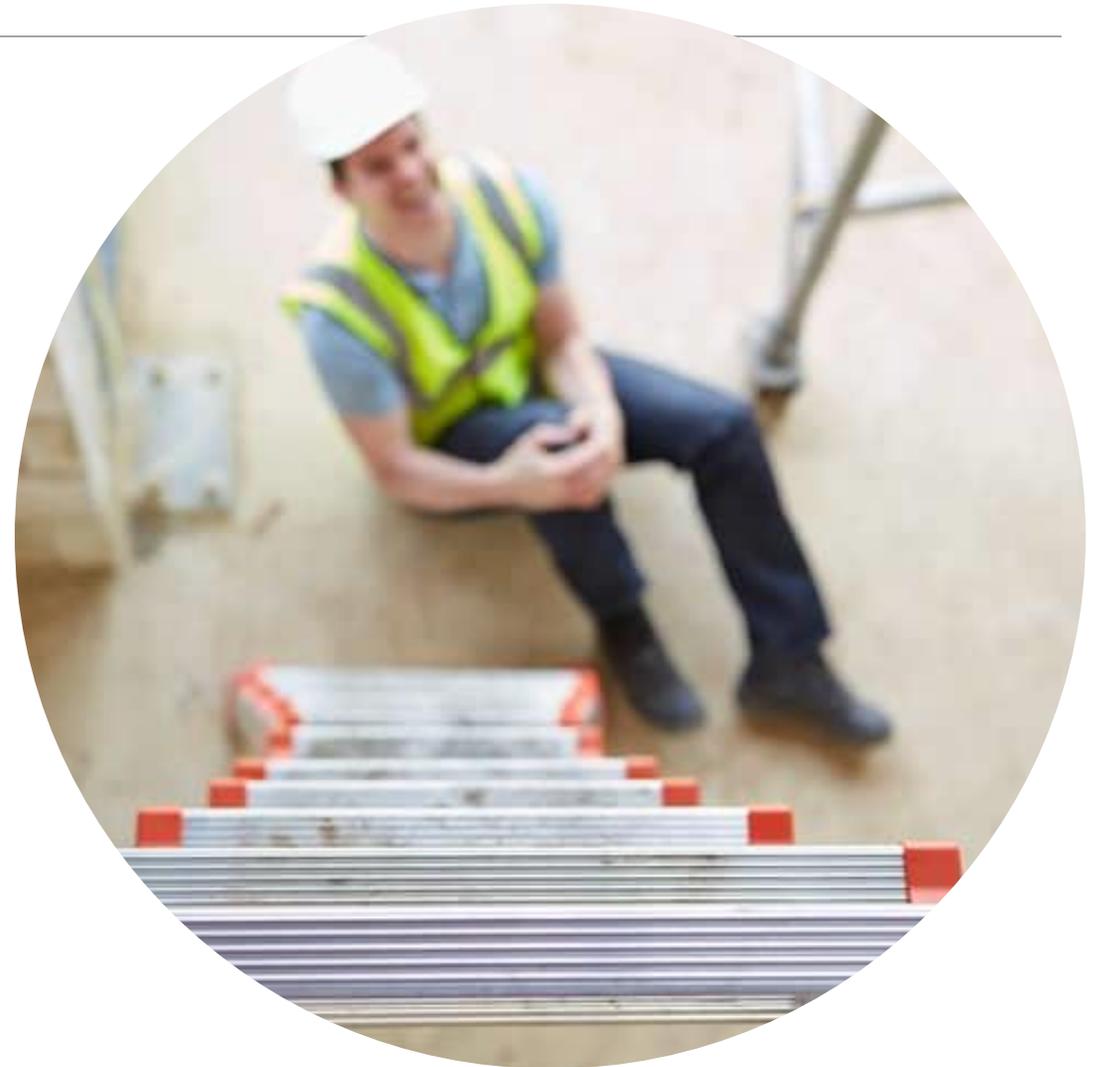
# Ladders

## New Safety ICONS



# Ladder Safety – 5 Most Common Causes of Ladder Incidents

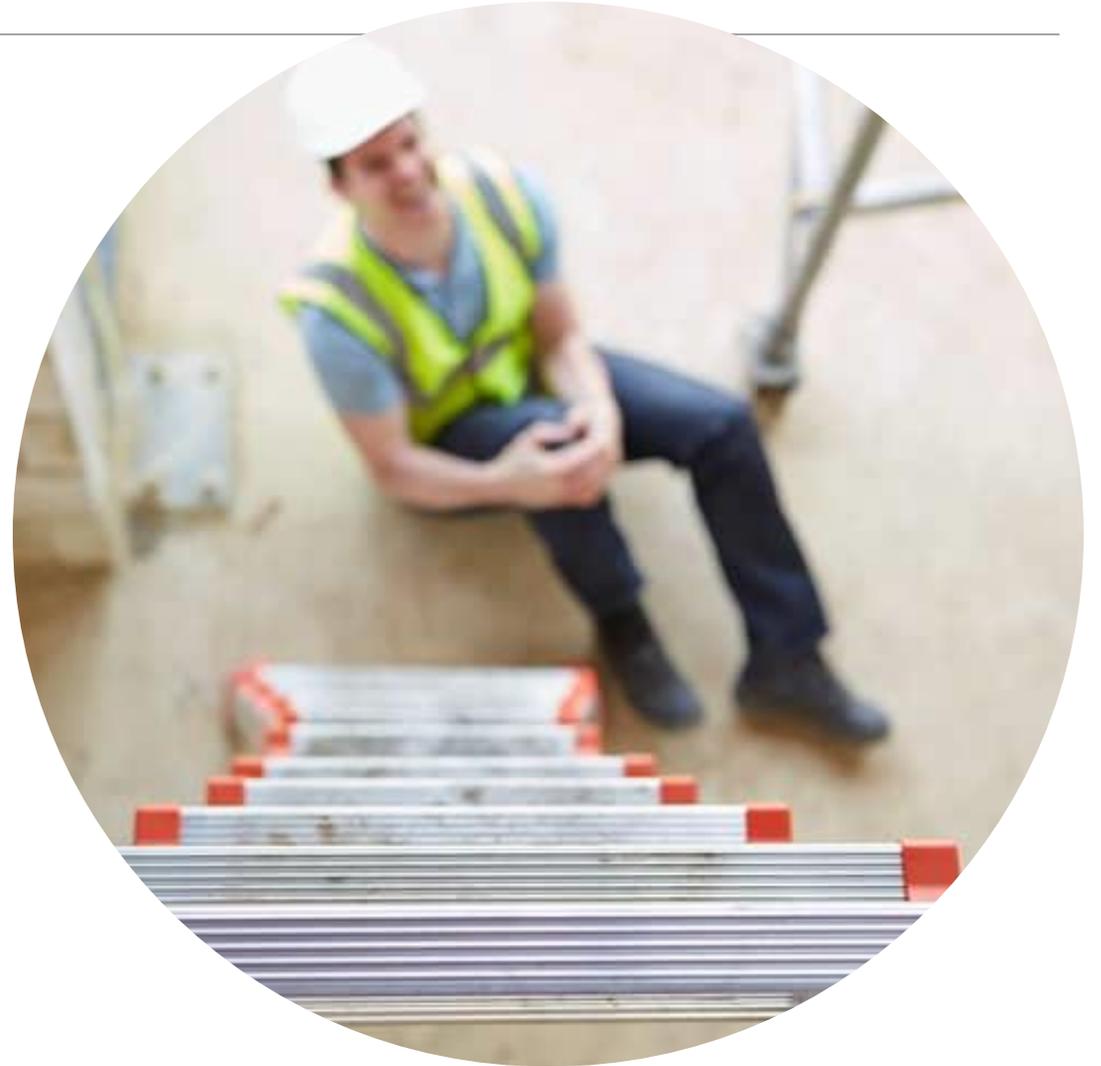
- **1. Missing the last step of the ladder when climbing down.**
  - Exercise caution when climbing down a ladder. Always face the ladder when climbing up or down, and don't skip steps!
- **2. Overreaching while on the ladder.**
  - When working from a ladder, keep your center of gravity and body between the side rails. If you can't easily reach the project area once you have ascended the ladder, climb down the ladder and move the ladder closer to your project area.
- **3. The ladder was not the right size for the job.**
  - One of the factors in determining the right ladder for the job is length. A good rule of thumb when selecting a ladder is to calculate a person's maximum reach height, which is approximately four feet higher than the height of the ladder.
- <https://blog.ansi.org/ali/common-causes-ladder-incidents/#gref>



## Ladder Safety – 1 Most Common

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**Look at your Feet**  
**Feel the Floor**  
**Look Let GO**



# Ladder Safety – 5 Most Common Causes of Ladder Incidents

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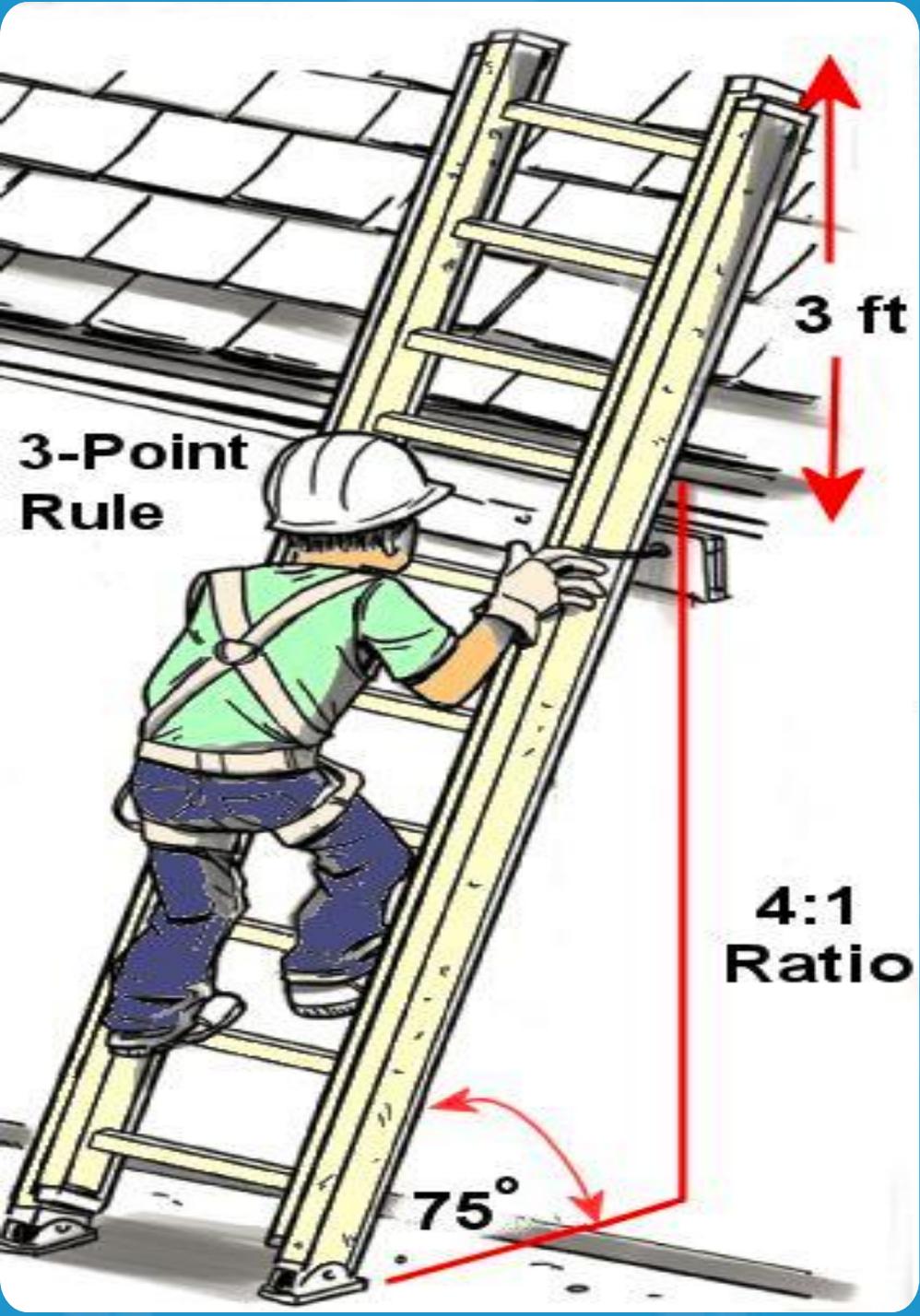
- **4. The ladder was not on firm, level ground.**
  - Clear trash, construction materials and other obstructions away from the base and top of the ladder. The base of the ladder should be safely secured to prevent accidental movement. You can also use a ladder with non-slip feet or add outriggers or levelers to the bottom of an extension ladder to increase the footprint.
- **5. Three points of contact were not used when climbing the ladder.**
  - Always maintain three points of contact – two hands and a foot, or two feet and a hand – when climbing up or down a ladder. This allows you to maintain your balance.
- <https://blog.ansi.org/ali/common-causes-ladder-incidents/#gref>





# Ladder Safety – Proper Use While Climbing

- How many points of contact?
- Always face the ladder when climbing
- Walking a ladder
- Don't Overreach! – Keep belt buckle between rails
- Top 2 steps on Stepladder
- Sitting or standing on top cap
- Avoid setting up a ladder in a doorway or pedestrian path
  
- Not sure? Look at Labels



# Ladder Safety – Proper Use While Climbing

- How to properly angle Extension Ladders (4:1 Ratio)
- How many rungs above the roof line?
- Feet are flat/level
- Careful loading and unloading
- Check flippers, rope, pulley, feet
- Secure the ladder to your work surface
- Keep ladder clean of any slippery materials
- Only one person at a time on ladder unless specifically designed for more than one climber

WHAT  
MATTERS  
MOST



# Questions?



# Getting Pros to Height and Protect Them While There!



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