

Toolbox talk

Year-round

5 minutes

Fall Protection Toolbox Talk

Falls remain the leading construction citation category. Before work starts, confirm the fall hazard, the protection method, the anchor point, the tie-off plan, and the rescue plan.

READ ALOUD (ABOUT 5 MINUTES)

Any time we work at height, we decide the fall protection before the task starts. The question is not whether we can finish quickly. The question is what keeps a missed step from becoming a fatal fall.

Check guardrails, covers, warning lines, harnesses, lanyards, lifelines, and anchors before using them. Tie off to approved anchorage only. If the plan changes, stop and reset the protection.

A fall arrest system is not complete without rescue. If someone falls and is suspended, we need a fast rescue plan, not a phone call after the fact.

INCIDENT EXAMPLE

A worker stepped around a material stack near an unprotected edge. The task was supposed to take only a few minutes, so no one reset the warning line. A brief shortcut created the exact exposure the crew had discussed earlier in the week.

CONTROLS TO COVER

- Identify all edges, openings, and elevation changes before work starts.
- Inspect harnesses, lanyards, lifelines, and anchors before use.
- Use covers that are secured, marked, and strong enough for the load.
- Confirm rescue equipment and responsibility before tie-off work begins.

CREW DISCUSSION

1. Where is the highest fall exposure on our work today?
2. What anchor points are approved for this crew?
3. What is the rescue plan if someone falls while tied off?

QUICK QUIZ

1. Can a worker tie off to any convenient pipe or rail?
No. The anchor must be approved for fall protection.
2. What should happen when the work plan changes near an edge?
Stop and reassess the fall protection before continuing.
3. Why does rescue planning matter?
A suspended worker can be seriously injured if rescue is delayed.

Reference: 29 CFR 1926 Subpart M, including 1926.501 and 1926.503 - Fall Protection - General Requirements has been OSHA construction enforcement priority territory for years and is consistently among the most-cited standards.

Toolbox Talk Sign-In Sheet

Attendance record for the talk above. Reviewers (OSHA, GC, ISNetworld/Avetta) expect topic, date, presenter identity, and attendee signatures.

Project / location

Date and time

Topic: Fall Protection Toolbox Talk

Presenter (print)

Presenter signature

NAME (PRINT)	COMPANY / TRADE	SIGNATURE

Concerns raised and follow-up actions (owner, due date)