

TOOLBOX TALK

FALL PROTECTION: EP03

Steps to follow prior to working at heights:

STEP 1: Fall Protection Plan:

Have a site & task specific plan to guide those working at heights to remain safe | **LEGAL COMPLIANCE**

STEP 2: Training:

Ensure that people conducting the job at height have certified training in line with the job/task at hand | **ACCREDITED TRAINING**

STEP 3: Equipment:

Only use equipment that is specific to the task and area where work will be performed | **CERTIFIED EQUIPMENT**

Need Help?

If you need a fall protection plan or work at height training and equipment, contact Protekta Safety Gear to ensure the safety of your site.

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The ABC's of Fall Protection:

A

Anchor Point: The primary connecting point that will take most of the force should a fall occur.

B

Body Support: This refers to your harness, which is essential for preventing your body from moving in the event of a fall.

C

Connector: This is used to link point "B" to point "A." Its purpose is to ensure that, in the event of a fall, the harness is prevented from hitting the ground.

D

Descent and Rescue: This covers two main areas. First, it involves descending into confined spaces or areas where the user's weight must be supported by equipment, without implying a fall. Second, it pertains to the use of mechanisms designed for conducting an effective rescue in the event of a fall.

E

Education: Training must be suitable for the tasks to be undertaken at height. In South Africa, individuals must receive training that meets the specific unit standards.