Toolbox KITS

WORKING AT HEIGHTS SAFETY TRAINING

Working at heights safety training

29 CFR 1926 Subpart M, 1910 Subpart D and 1910.140

About 45 minutes, with a 10-question quiz

34 slides | About 45 minutes | 10-question quiz | English + Spanish



SAMPLE

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MODULE 1

When fall protection is required

Construction	→	General industry
Unprotected side or edge 6 feet or more above a lower level	→	Unprotected side or edge 4 feet or more above a lower level
Protect with guardrails, safety nets or personal fall arrest	→	Guardrails, safety nets or personal fall protection systems

SAMPLE

29 CFR 1926.501(b)(1) · 1910.28(b)(1)(i)

Toolbox KITS

Crew handout

Working at heights: stay protected

29 CFR 1926.501, 1926.502, 1926.503, 1910.28, 1910.140

Do

- Check for open edges, holes and skylights before work starts
- Inspect your harness, lanyard and connectors before you use them
- Tie off only to an anchorage set up for fall arrest
- Keep guardrails, covers and toeboards in place, and put them back
- Keep tools tethered and materials back from the edge
- Wear your hard hat when anyone is working above you
- Know the rescue plan and how to call for help before you go up
- Report damaged gear, missing covers and near misses right away

Don't

- Don't tie off to a guardrail, pipe, vent or conduit
- Don't stand, sit or lean on a skylight
- Don't move a hole cover without protecting the hole first
- Don't reuse gear that caught a fall until a competent person clears it
- Don't use your harness or lanyard to lift materials
- Don't work at an open edge, even for a minute, without protection

SAMPLE

Remember **If you could fall to a lower level, make sure something will stop you before you start.**

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