



## Toolbox Talk Fall Protection – Week of 08/24/25 – 08/30/25

To coincide with Fall Protection National Safety, Stand Down Week, please take the time to review this tool box talk and have everyone complete the attached quiz, sign the training sheet and turn into the office. Falls continue to be the leading cause of death in construction.

A few ways to protect against a fall:

1. **Guardrail systems-** A barrier erected along an unprotected edge of a walking working surface consisting of a top rail mounted at 42" +/- 3" from the floor capable of supporting outward and downward pressure of 200 pounds, a mid rail equal distant between the top rail and walking surface, and a toe board.
2. **Personal Fall Arrest System-** Designed to catch an employee when a fall occurs. The system consists of a tie off point capable of withstanding forces of 5,000#, a lanyard, and harness. This type of system must be designed so that a person cannot fall more than 6 feet. Rescue plans are required when working with personal fall arrest systems.
3. **Fall Positioning/Fall Restraint-** A system that positions an employee which allows them to work hands free and either prevents them from being exposed to a fall hazard, or work at an elevated position not allowing the employee to fall more than 2 feet.
4. **Controlled Access Zone (CAZ)-** A work area with an unprotected edge with an easily visible control line erected as a warning within 6 feet from the unprotected edge. Access to the zone must be limited to only authorized personnel and monitored by a safety monitor that is competent at recognizing fall hazards.
5. **Safety Net Systems-** Designed to catch an employee after a fall. They must be placed as close as practicable to the working surface, no more than 30 feet below the working surface. These types of systems must be inspected at least once per week.
6. **Hole Covers-** Any floor hole greater than 2" in diameter must be covered by a cover clearly marked with the word "hole" or "cover". The cover must be capable of withstanding at least twice the expected load of the heaviest equipment that may cross it.





## SAFETY MEETING SIGN-IN

Date \_\_\_\_\_ Topic Fall Protection Annual Refresher  
Location \_\_\_\_\_  
Trainer \_\_\_\_\_  
Start Time \_\_\_\_\_ End Time \_\_\_\_\_

Print Name	Signature	Print Name	Signature

Signature of Trainer: \_\_\_\_\_

SCAN	SAFETY/TOOLBOX TALKS/TRAINING/MMDDYY TRAINING CERTIFICATION
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## Fall Protection Learning Exercise

Score:   %

Employees Name:

Date:

Company:

Instructor:

Trade:

Job Title:

Answer each of the following questions "True" or "False" by circling the appropriate letter.

- |        |  |
|--------|--|
| T    F | 1. Each employee on a walking/working surface which is 6 feet or more above a lower level shall be protected from falling using: guardrail systems, safety monitoring systems, or personal fall arrest systems as determined by a competent person |
| T    F | 2. With a personal fall arrest system, you must be rigged so that you cannot fall more than 6 feet.  |
| T    F | 3. Top Guardrail should be 42 inches plus or minus 3 inches above the walking working level and could withstand a force of a least 200 pounds in any outward or downward direction?  |
| T    F | 4. A Controlled Access Zone (CAZ) is an area in which certain work may take place without the use of guardrail systems, personal fall arrest systems, and access to the zone is controlled?  |
| T    F | 5. Inspections of your harness, lanyards, lifelines, anchorages, etc. should be completed before and after each use. If any defects are found the item should be removed from service immediately.   |
| T    F | 6. OSHA requires the anchorages to support 3,000 pounds per employee.  |
| T    F | 7. Your safety monitor must be a competent person to recognize fall hazards?   |
| T    F | 8. Your employer needs to verify compliance with the training requirements of this plan via the Employee Training Record Attendance Roster?  |
| T    F | 9. Warning lines on roofs or near excavations serve as visual reminders, cautioning a worker is approaching an unprotected edge.   |
| T    F | 10. All covers shall be color-coded, or they shall be marked with the word "HOLE" or "COVER" to provide warning of the hazard?   |

