

Preventing Falls in the Construction Industry

Falls from heights are a leading cause of injuries and fatalities both at home and in the workplace. In the construction industry, they are the **number one cause of fatalities**, accounting for **351 out of 1,008 construction deaths in 2020** (BLS data). Despite OSHA regulations designed to prevent falls, violations of these safety standards remain widespread, highlighting the need for stronger employer commitment to worker safety.



OSHA's Approach: Plan, Provide, and Train

To reduce fall-related incidents, OSHA promotes a simple yet effective approach: **Plan, Provide, and Train.**

1. Plan: Prepare for Safe Work at Heights

- Identify tasks that require working at heights and explore ways to eliminate or minimize the need for such work.
- If working at heights is necessary, plan for the required tools, equipment, materials, and personnel.
- Determine the necessary safety measures, including fall protection equipment and employee training.

2. Provide: Ensure Proper Safety Equipment and Resources

- Supply appropriate fall protection gear—such as harnesses, lanyards, and guardrails—when working at heights **above six feet**, especially if no other safety barriers are in place.
- Allocate sufficient time for workers to set up, inspect, and use safety equipment properly, rather than rushing tasks at the expense of safety.

3. Train: Educate Workers on Fall Hazards and Prevention

- Train employees on how to correctly use fall protection equipment.
- Teach workers to identify fall hazards and take proactive steps to mitigate risks.
- Encourage a mindset of eliminating or reducing dangerous work conditions before tasks begin.

Key Takeaway: Go Beyond Compliance

Meeting OSHA standards is just the baseline for fall prevention. A proactive approach—planning-ahead, providing the right equipment, and ensuring thorough training—significantly reduces the risk of falls. Prioritizing these safety measures can save lives and create a safer construction environment.

SAFETY TRAINING SIGN IN SHEET

TRAINING TITLE	Are Trench Excavations Confined Spaces?		
DATE & TIME		LOCATION	
COMPANY		TRAINER	

NAME	SIGNATURE	PHONE