

# CONVENTIONAL FALL PROTECTION SYSTEMS



The Occupational Safety and Health Administration's (OSHA) [Subpart M](#) details the requirements of fall protection in construction workplaces. For example, it applies when workers are working at heights six or more feet above a lower level. It also outlines protection from falling objects, falls from tripping over or falling through holes, and protection when walking and working around dangerous equipment without regard to height. It's the responsibility of the employer to provide adequate fall protection.

## THREE OPTIONS

Generally, fall protection can be provided through the use of guardrail systems, safety net systems or personal fall arrest systems. OSHA refers to these systems as conventional fall protection systems; Check out our guide to these different systems, and some references for installing them properly.

### [Guardrail Systems](#)

A barricade system that prevents employees from falling through a hole or off an edge to a lower level.

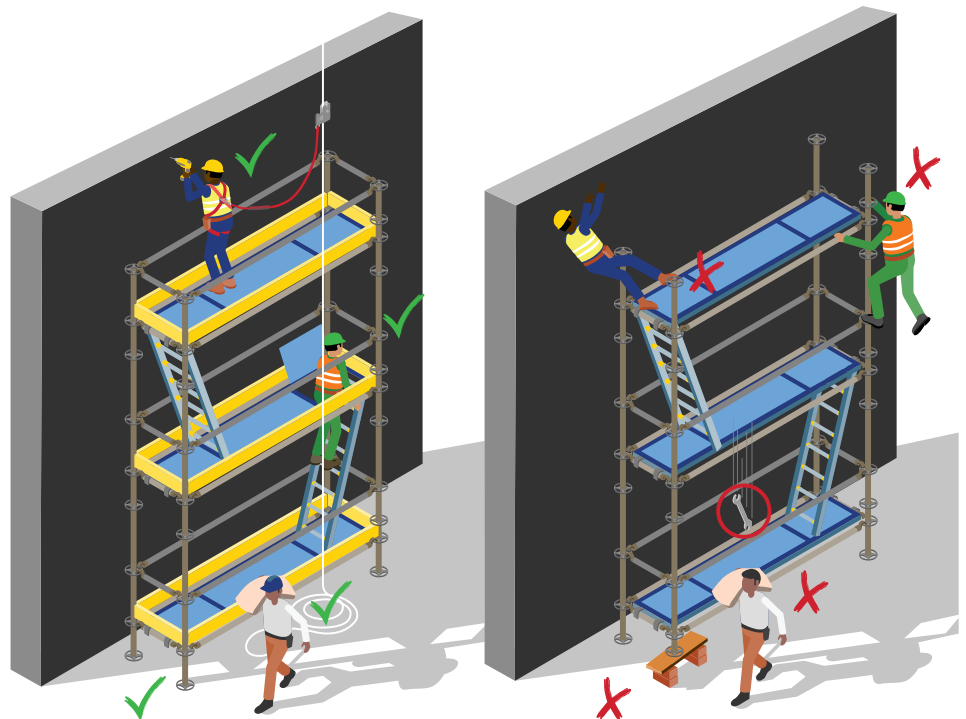
### [Safety Net Systems](#)

A mesh net that catches and supports the weight of a falling employee.

### [Personal Arrest Fall Systems](#)

An anchored body harness that stops an employee who is falling from a working level.

Every fall protection system should be checked regularly to make sure it's effective. All parts should be in working order, and if they're not, the area should be considered unworkable until a new system is put in place.



## ADDITIONAL CONSIDERATIONS

- ▶ Designate one worker as a safety monitor to observe employees and to alert employees of hazards that could cause them to trip or fall
- ▶ Store materials in an area away from where workers are exposed to fall hazards

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