TOOLBOX TALKS

The Upside of Safety

GUNN MOWERY
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ROPE GRAB

There should never be any slack in the rope when using a rope grab. Allow yourself enough rope to get to the job task you are performing but NEVER enough to get you over the roof edge.

CORRECT

This worker cannot reach the edge and cannot fall, called "Fall Restraint".

VS.

WRONG

This worker has too much slack and could fall off the edge.

WHY THIS IS IMPORTANT?

- The farther you fall, the more impact force you generate. A 220 lb. man falling 12 feet on a rope can generate more than 5,000 lbs. of force on impact.
- If you wear a 6 ft. lanyard with your rope grab and are standing at the roof edge, you will fall at least 12 ft. (6 ft. to the roof surface than another 6 ft. before your lanyard deploys). Any slack in the rope will add to this distance.
- Even if the fall gear stops you (it might fail unless everything is perfectly set up), the impact force will severely injure you.
- Depending on the building height, the worker on the right may hit the ground before his fall protection stops him.
- OSHA only permits a free fall distance of 6 ft. and an impact force on the worker of 1,850 lbs.

HOW CAN IT BE PREVENTED?

- Always keep your rope adjusted! Continually adjust it so you can just reach the edge.
- Remind your co-workers to keep their rope adjusted.
- Use short lanyards with a deceleration pack. This minimizes the fall distance and reduces the impact force.
- Make sure you:
    - Always wear your fall protection gear. All it takes is 1 time!
    - Select adequate anchor points (5,000 lbs.). Ask yourself: "Can I lift a pickup truck with what I'm tied-off to?"
    - Inspect all your Fall Protection Gear. Damaged or improperly set up gear can fail under the force of a fall.

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SAFETY CHECK

- ☐ All workers keep their rope grabs adjusted to restraint
- ☐ Anchor points can hold 5,000 lbs.
- ☐ All fall protection gear is inspected
- ☐ Short lanyard with a deceleration device is used on rope grabs.

Company:	**Location:**
Presenter:	**Date:**

ATTENDANCE SHEET
