

TOOLBOX TALKS

The Upside of Safety



Guardrails

Fall protection is required when working 6 ft above the ground in construction. According to OSHA's fall protection standards, guardrails are a sufficient form of fall prevention if they are set up in accordance with the standards. When using guardrails on your site they must follow these requirements:

Height

- The top rail of the guardrail must be 42 inches plus or minus 3 inches.
- A midrail must be used when there is no wall or parapet wall and must be at least 21 inches high.
- Top and midrails must be at least one-quarter inch thick in diameter.
- If wire rope is used for top rails, it shall be flagged at not more than 6-foot intervals with high-visibility material.

Force

- Guardrail systems shall be capable of withstanding, without failure, a force of at least 200 pounds of the top edge, in any outward or downward direction, at any point along the top edge.
- Midrails must be able to withstand at least 150 pounds of force.

Other Requirements

- All sides of a hole must be protected if using a guardrail system
- If using a guardrail system in hoisting areas, a gate or chain must be used in the opening when hoisting isn't taking place.
- If using a wire rope, the top rail must be 42 inches and can't deflect more than 3 inches in any direction.
- Always refer to the manufacturers recommendations for installing and maintaining guardrail systems.
- If on a sloped roof and/or to protect against falling objects, install a toeboard that is at least 4 inches high and able to withstand 50 lbs of force.
- If working outside the guardrail system, you must be protected by a different OSHA approved fall protection system (fall arrest, fall monitor)



What about parapets?

Parapets can be used as your guardrail system as long as they are at least 39 inches in height. If the parapet is not at least 39 inches in height then you must use a guardrail system on top of the parapet or another OSHA approved fall protection system (warning lines, fall arrest).



TOOLBOX TALKS

The Upside of Safety



✓ SAFETY CHECK

Top rails are at least 42 inches plus or minus 3 inches and can withstand 200 lbs?

Workers are additionally protected if they need to work outside of the guardrail?

Mid rail are at least 21 inches and can withstand 150 lbs?

Parapets are at least 39 inches if used as guardrail system?

Company:

Location:

Presenter:

Date:

ATTENDANCE SHEET

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]

[Blank line for name]