

Fall Protection Program) is to select the most effective protective measures from the Hierarchy of Controls (see Figure 1) as possible (i.e., eliminate or shield fall hazards with covers or guardrails).

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| <b>F Restraint Systems</b><br>Use PPE (i.e., anchor, body harness, lifeline/lanyard) to restrict a worker's range of movement so they cannot reach the point where they could fall  |
| <b>Fall Arrest Systems</b><br>Use PPE (i.e., anchor, body harness, shock absorber, lifeline/lanyard) to catch a worker when exposure to a fall is preventable (e.g., work near a leading edge); relies on the PPE to stop the fall before the worker can hit objects below or the lower level |
| <b>Administrative Controls</b><br>Implement work practices/procedures (i.e., Designated Areas) that raise the awareness of a fall hazard; only use for work   |

### Tips for Success When Talking to Your Team

Preparation is Key. Keep the topic relevant. Work with your team and Risk Management to assess fall hazards in your work area, and discuss how the hazards can be avoided.

Tip: Do not focus on what has been done to create a safe workplace, instead focusing on what has gone wrong in the past.

Share a Story, Ask for a Story. Storytelling is a powerful method to convey information.