



## FALL PROTECTION

guards against falls, one of the main causes of workplace injury and death. Fall protection height requirements vary, but under most circumstances are 4 feet above an unguarded leading edge. Fall restraint and fall arrest systems are the two methods of fall protection. Fall restraints are meant to prevent the fall from occurring. Fall arrests are for safety during a fall. Common fall protection is to wear a harness with a connecting lanyard attached to a structural anchor point. Anchor points can be found all over the University on building roofs, facades, and even within the buildings themselves. The UO requires fall protection training for any employee whose job activity meets the minimum height requirements. EHS offers training and gear fittings. Speak with your supervisor if you believe your task falls within the list below:

## COMMON FALL PROTECTION REQUIREMENTS:

### HEIGHT: 0 ft.

- Aerial lifts (UO policy boom and scissor)
- Ladders on a leading edge
- Open holes
- Open Vaults
- Skylights

### HEIGHT: 4 ft.

- Passageways
- Open sided platforms
- Walkways
- Windows

### HEIGHT: 24 ft.

- Ladders

## WHAT TO DO!

- If unsure, ask your supervisor about fall protection.
- Contact EHS for additional questions, concerns, or support.
- Complete fall protection training before starting work!
- Always wear your fall protection in required areas!
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Get fall protection training before starting work!



Wear fall protection in required areas!



Use approved anchor points! Do not make your own!