



# SAFETY TAILGATE MEETING

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Company	Action Energy	Project	Group Trainings		
Date	September 16, 2022	Time	8:00 AM	Conductor	Sendi Hernandez

## FALL PROTECTION METHODS

### INTRODUCTION

Falls are a leading cause of serious injury and death in construction. Every year more than 350 workers are killed because of a fall from height. THAT'S ONE WORKER EACH DAY!

#### Group Discussion:

- Have you every experienced or seen a fall?
- What happened?
- Why did it happen?
- What can we learn from it?

In this meeting, we will discuss:

### (1) THE REGULATION

### (2) FALL PROTECTION METHODS

### (3) CURRENT FALL EXPOSURES

### THE REGULATION

While OSHA allows occasional exceptions for particular tasks, in construction an approved method of fall protection must be implemented when there is a fall exposure of 6 feet or greater.

(Note: At other specific times a personal fall system must be used. For example: when working in a boom lift).

## FALL PROTECTION METHODS

**Best: Elimination or Substitution** – Try to accomplish the work on the ground instead of an elevated position. Or reduce the amount of time elevated. For example: Can pipe be assembled on the ground first, then raised?

**Better: Passive Fall Protection** - Guardrails can be installed. Ensure they can support at least 200 pounds

**Good: Active Fall Restraint** - Worker wears a harness. The anchor and lanyard are set up so the worker is prevented from falling.

**Minimum: Active Fall Arrest** - Stops a worker after they fall and before hitting a lower surface.

**Important:** If setting up fall protection for active fall arrest: Ensure you cannot free fall more than 6' and you cannot hit a lower surface. This involves good planning and continual evaluation of your set up.

**Note:** No one is to wear a harness unless they have been trained specifically in its use.

## CURRENT FALL EXPOSURES

Group Discussion:

- What fall exposures currently exist on this job?
- What methods of fall protection have been chosen for each of the exposures?
- Are there any questions?

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### Attendees Names

John Clark

Kyle Brown

Jose Espinoza

Kirk Mueller

Angel Santos

### Attendees Signatures

N/A

N/A

N/A

N/A

N/A

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## NOTES

Training conducted by Kelly Herold at the Welcome Ortega House from 8am to 10am

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## CONDUCTOR SIGNATURE

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A handwritten signature in black ink, consisting of a large, stylized 'S' followed by a 'C' and a 'B' that are intertwined.

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