



TOOLBOX TALK 50/60

DATE:

TOPIC: FALLS INVOLVING EQUIPMENT

OBJECTIVE: TO ENSURE WORKERS ARE SAFE FROM FALLS

Some things to know before you give your talk:

There are a lot of ways that your crew could get hurt when operating or maintaining machinery. The most common way is by falling on or from the equipment they're working with. Many workers fall but don't get hurt. Some aren't so lucky.

Things you can do to prevent falls:

- Start off with a good pair of work shoes or boots, with slip-resistant soles. Make sure that you scrape off any mud, grease, or oil before you start climbing onto equipment.
- Keep equipment clean. It's easy to let oil, grease, mud, tools, parts, and debris build up but this just increases the chances of falls.
- In the winter, watch for snow and ice build-up on catwalks, handholds, and steps. Tell them to remember that the ground that was dry when they got into the cab, may not be when they get back out.

More operators and workers are hurt simply entering or exiting equipment. Here are some things that your crew can do to stop this problem:

- Take the time to learn where the steps, ladders, handles, and grab bars are on the equipment that they operate. This is especially important if they use different equipment every day.
- If the equipment is missing handholds, grab bars, or steps, they should let their supervisor know.
- Use the "three-point system" for getting on or off of equipment. This means that you keep three limbs in contact with the vehicle at all times – two feet and one hand, or two hands and one foot.
- Exit the same way you got in – facing the equipment.
- Keep your hands free. Lower tools, paperwork, or equipment before you get out of the cab, or wait until you're standing on the ground before you reach for them.

Don'ts

- Don't jump from equipment
- Don't use tires or wheel hubs as step
- Don't use the door frame or the edge of the door as a hand hold, and
- Don't assume that the ground outside the cab is level. Check it before you get out.

Try this for show and tell!

- Take the crew to one of your pieces of machinery and demonstrate the 3-point system for getting on and off (keeping three limbs in contact with the vehicle at all times – two feet and one hand or two hands and one foot).

TQuestions you can use to get them talking:

- How's our equipment to get on and off?
- Do we have any equipment that's hard to get in and out of? Is there anything that could use an extra step or grab bar?
- What about the mechanics? Can you get to the equipment safely? Do you need extra
- handholds, ladders, or anything else so you has a safe place to stand when you work?



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Fall hazards

Some things to know before you give your talk.

As a supervisor, you should know that falls are one of the most frequent and painful injuries that happens to workers. No one is immune from them These falls can be broken down to three types:

- Fall from heights
- Fall on the same level
- Falls into trenches or excavations

The good thing about fall hazards is that most can be easily prevented.

But it takes two things:

- recognition of the fall accident potential (or an accident waiting to happen)
- and fixing it!

Ask yourself these questions before your talk to your crew:

Falls from heights

- Are your workers exposed to falls over 1.2m? If they are, do they have proper railings to keep them from falling?
- Are they properly tied off or are nets used on exposed fall from height hazards? Can the fall exposure be corrected by covering and protecting openings?
- When is a worker properly tied off? (answer – correctly used belt, lanyard, and independent lifeline.)
- Working on height above 2 m safety harness to be used.

Falls on the same level

- Do you schedule time for clean-up before the end of the workday?
- Do you have the right length for the job?
- Are all ladders in good condition?
- Are trenches that are left open covered or marked?
- Are trenches provided with easy access (ramps or walkways) from one side to the other so your crew doesn't have to jump or leap over them?

Try this for show and tell!

- List all the fall hazards on this job and discuss them with the crew, asking them if everything possible is being done to control them.

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Questions you can use to get them talking:

- Has anyone ever had an accident – or know of one – involving any one of these kinds of falls?

Some things to know before you give your talk.

- As a supervisor, you should know that falls are one of the most common accidents in the construction industry. In total, they kill 7,000 per year and account for 22.5% of all construction injuries.



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The most common causes of falls in construction are:

- Poor housekeeping – wet and slippery floors
- Tripping hazards caused by uneven surfaces
- Poor lighting
- Weather (rain, snow and ice, and mud)
- Failing to look where you are stepping

Try this for show and tell!

- Prepare a rough sketch of the job including parking areas and surroundings. Ask the crew to point out where any falls have happened and the most likely place for them to occur.

Questions you can use to get them talking:

- Are there any areas here where people could trip?
- Has anyone ever had an accident – or know of one – involving a fall?