



# MIOSHA Fact Sheet

## Consultation Education and Training Division

### Highlights of the Fall Protection Standard

1. Must provide fall protection at 6' or higher  
This includes:
  - Holes and skylights
  - Ramps and walkways
  - Wall openings
  - Roofs
  - Any other walking/working surface
  - Excavation over 6' require barriers or guardrails if they are wells, pits, shafts, or similar OR if the excavation edge is not readily seen
  - Holes must be covered and covers must:
    - withstand twice-anticipated load
    - be marked "hole" or "cover"
    - be secured
2. Choices for fall protection include:
  - A) Guardrail Systems
  - B) Safety Net System
  - C) Personal Fall Arrest System (PFAS)
3. Guardrails:
  - 42" high, plus or minus 3"
  - Toprail must support 200 lbs. outward and downward force
  - Midrails must support 150 lbs.
  - Wire rope must be flagged every 6'
  - Wire rope must not deflect more than 3"
4. Safety nets:
  - Fall distance into net no more than 30'
  - Nets extend beyond working surface 8', 10', or 13' depending on distance below surface
  - 400 lbs. drop test required for nets
5. Personal Fall Arrest System (PFAS):
  - Anchorage must support 5000 lbs
  - Free-fall distance must be limited to maximum of 6'
  - Harnesses and lanyards must be inspected daily
  - Lanyards must be shock-absorbing
  - A Rescue Plan is required that will provide a means to retrieve a victim that has fallen and is suspended by their harness and lanyard
6. Overhand bricklaying has the option of using a controlled access zone
7. Workers on flat and low-sloped roofs have the option of using a warning line system. Six feet back from edge for roofers, 15 feet back for all other trades
8. Workers on steep roofs (greater than 4 in 12) must use either guardrails, nets, or personal fall arrest
9. Precast concrete erection workers must use either guardrails, nets, or personal fall arrest. Where infeasible, they must implement a written "fall protection plan"
10. Leading edge workers must use either guardrails, nets, or personal fall arrest. Where infeasible, they must implement a written "fall protection plan"

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