

# MIOSHA Fact Sheet



## Fall Protection - Highlights of the Construction Standard

Falls are one of the leading causes of fatalities in the construction industry. Injuries from falls or falling objects range from sprains and contusions to death. Construction Standard [Part 45, Fall Protection](#), addresses minimum requirements and criteria for fall protection at construction worksites. Compliance with these key components of the standard can help avoid fall hazards.

1. Must provide fall protection at 6 feet 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 be secured and able to withstand twice the anticipated load and be marked as "hole" or "cover."

2. Choices for fall protection include:
  - Guardrail Systems
  - Safety Net System
  - Personal Fall Arrest System (PFAS)
3. Guardrails:
  - 42 inches high, plus or minus 3 inches
  - Toprail must support 200 lbs. outward and downward force
  - Midrails must support 150 lbs.
  - Wire rope must be flagged every 6 feet
  - Wire rope must not deflect more than 3 inches
4. Safety nets:
  - Fall distance into net no more than 30 feet

- Nets extend beyond working surface 8 feet to 13 feet depending on distance to surface
  - 400 lbs. drop test required for net
5. PFAS:
    - Anchorage must support 5000 lbs
    - Free-fall distance must be limited to maximum of 6 feet
    - 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 the edge for roofers, 15 feet back for all other trades.
  8. Workers on steep roofs (greater than 4 in 12) must use either guardrails with toeboards, nets, or personal fall arrest.
  9. Precast concrete erection workers and 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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