

Falls can occur in any workplace industry or setting – industrial, construction, office, or at a plant. Any walking/working surface in the workplace could be a potential fall hazard, but when they become elevated (working at heights), workers are at an increased risk of a serious injury or fatality.

As a public entity, you should consider using appropriate controls such as personal protective equipment, fall arrest systems, ladders, scaffolds, and housekeeping to prevent fatal falls in the workplace. Consider the following tips when working from heights:

**1**

**Perform Fall Hazard Assessment:** Before starting any work at heights, conduct a thorough assessment of the site to identify potential fall hazards.



**2**

**Plan the Work:** Develop a detailed work schedule, highlighting the tasks, who will perform them, and equipment needed. Ensure all equipment is operational and employees are trained to use it.

**3**

**Select Appropriate Fall Protection:** Choose fall protection equipment based on the specific tasks and site conditions. Options include guardrails, safety nets, personal fall arrest systems (PFAS), and more. Provide training on the correct use of the protection, including inspection and wearing of the gear.



**4**

**Implement a Rescue Plan:** Establish and train employees on a rescue plan specific to working at heights, including procedures for prompt response to a fall or emergency situation.



**5**

**Review and Practice:** Provide comprehensive and ongoing training on the correct use of fall protection equipment. Regularly review procedures, and practice the rescue plan to maintain readiness.

#### LEARN MORE WITH THESE ADDITIONAL RESOURCES:

- [TMLIRP Online Learning Center](#) – Fall Protection
- Texas Department of Insurance – [Personal Fall Protection Systems Fact Sheet](#)
- Texas Department of Insurance – [Fall Protection Sample Written Program](#).