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SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<b>Basic Fall Protection</b>		<b>Instructor Tips</b>	
	<ul style="list-style-type: none"> <li>• Falls from elevated positions create much concern in the sheet metal trade. In fact, falls from elevated heights account for 1/3 of all deaths in the construction trade.</li> <li>• When working from high elevations, job planning and inspection of equipment could mean the difference between life and death.</li> <li>• Inspect all ladders, scaffolds and other lift equipment before each use. Do not use damaged or defective ladders or lift equipment.</li> <li>• All extension ladders must be tied off and have safety cleats at the bottom. If it is impossible to tie off a ladder, have co-worker hold it at the base. The ladder should extend three feet above the elevated access point.</li> <li>• Do not use stepladders as straight ladders. Make sure when using a stepladder that it is fully extended and the spreaders are locked.</li> <li>• Do not attempt to carry anything up or down a ladder, scaffold or lift. Use a bucket to hoist tools and equipment to and from an elevated height.</li> <li>• When in a boom type lift, fall protection must be properly worn at all times. When working in a scissor type lift, you must wear fall protection any time your feet leave the platform.</li> <li>• When working in an aerial lift basket or any other type of basket, remain in the basket. Do not attempt to climb out and do not stand on the mid-rail of a basket.</li> <li>• Standard guardrails are required on any elevated platform that is 6 feet or higher than the lower level.</li> <li>• All elevated work that is not protected by guardrails or platforms will require workers to wear safety belts or lanyards. Make sure you plan ahead and know how to properly use, personal fall arrest systems.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Emphasize the importance of fall protection and safety when working at elevated heights.</b></li> <li>• <b>Inspect work area and point out any potential fall hazards.</b></li> <li>• <b>Demonstrate the proper way to set up a stepladder.</b></li> <li>• <b>Demonstrate proper PFAS (personal fall arrest system) use.</b></li> </ul>		
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