

Workplace Safety

## Video: 4 Ways to Stop Falls From Height and Improve Fall Protection

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### Video Highlights

- Falling from heights in the workplace is one of the biggest safety issues today—and it consistently ranks at the top of OSHA's safety priorities.
- Safety managers need to make sure everyone knows the height and weight requirements for fall protection—and take appropriate action with the right anchorage, harnesses and connecting devices.
- Gear is not enough. Per OSHA, fall protection training with proper documentation is a must.

To protect workers working at heights of all levels, follow these four simple principles in the video.

After transportation and violence in the workplace, falling from heights is a major cause of death on the job. Consistently, fall protection leads OSHA in violations given out to organizations every year. To help, our video outlines four simple ways to increase your knowledge and follow the rules OSHA expects safety managers to know.

There is a lot to learn to protect workers working at heights of all levels. From understanding weight and height requirements to knowing how a harness is supposed to fit a worker's body, companies have to intimately understand the rules—and prove workers are trained correctly. No easy task. Remember, being trained on fall protection is also something OSHA gives violations and fines for now.

*See fall protection solutions at [MSCdirect.com](https://www.mscdirect.com).*

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