



WEEKLY SAFETY TALK #5: TAILGATE DISCUSSION GUIDE

Fall Arrest vs Fall Restraint: Which Is The Best Option?

Foreman: work through these with the crew on site. Point at the actual roof, the actual gear. Then run the quick check and sign off.

TALK IT THROUGH (10 MINUTES, ON THE JOB SITE)

1 What is the difference between fall arrest and fall restraint?

Prompt: Arrest stops a fall that has already started. Restraint rigs the line short enough that the worker cannot reach the edge at all.

2 How much clearance does a 6-foot shock lanyard need, and does today's roof have it?

Prompt: Roughly 19.5 feet. A single-story eave is 10 to 12 feet, so there is not enough fall clearance to keep the worker from hitting the lower level.

3 When does a rig legally count as fall restraint?

Prompt: Only when the worker cannot get to the fall hazard from any position, checked at every angle, including the corners.

4 Which system requires a rescue plan, and why is the timing so critical?

Prompt: Arrest, under 1926.502(d)(20). Suspension trauma starts affecting a hanging worker the moment the fall is caught.

5 What happens if we call it restraint but the worker can actually reach the edge?

Prompt: An inspector applies arrest rules including a certified anchor point, calculated fall clearance, shock-absorbing connector, and rescue plan.

QUICK CHECK: CIRCLE THE ANSWERS AS A CREW

A) Clearance for a 6-ft shock lanyard on a foot-level anchor: 6 ft / 12 ft / roughly 19.5 ft

B) A rig is restraint when: it says so on the JHA / the worker cannot reach the hazard from any position

C) Which system requires a prompt rescue provision: restraint / arrest / both

CREW SIGN-OFF (29 CFR 1926.503(b) requires written training certification)

NAME (PRINT)	SIGNATURE	DATE

Foreman / competent person: _____ Job site: _____ Date: _____

Key: A) Roughly 19.5 ft B) Cannot reach the hazard from any position (OSHA letter, Nov 2, 1995) C) Arrest (1926.502(d)(20))

For information purposes only; all plans must be approved by a Competent or Qualified Person before work begins, as required by OSHA.

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