



## Controlled Access Zones

- Least preferred!
- Conventional fall protection is not feasible.
- For specific work only (leading edge masonry or tilt-up construction).
- Rescue plan recommended.

STEP  
**5**

## Fall Arrest

- Personal Fall Arrest System (PFAS), or protective netting.
- “Authorized Person” training required.<sup>1</sup>
- Written rescue plan required.<sup>2</sup>

STEP  
**4**

## Active Fall Restraint

- Restraint system required (body belt, full-body harness, lanyard and anchor).
- “Authorized Person” training required.<sup>1</sup>
- Written rescue plan required.<sup>2</sup>

STEP  
**3**

## Passive Fall Restraint

- Physical barriers such as guardrails or parapets.
- Minimum training required.
- Written rescue plan recommended.

STEP  
**2**

## Eliminate the Fall Hazard

- Always preferred!
- Bring work to ground level.
- Design changes to allow work from ground level.

STEP  
**1**

## A SAFER WAY!

Reducing or eliminating the hazard is always the first step in fall protection safety. As the steps in the hierarchy progress, so does the risk. Make sure your workers are properly trained, and your rescue plan is in place.

(1) ANSI Z359.2-3.2.4.10, OSHA 1926 Subpart M, OSHA 1910 Subpart D  
(2) ANSI Z359.2-3.2.1.4



# WORK-AT-HEIGHT

## Hierarchy of Fall Protection

Learn more about Roco Fall Protection Training. Call 800-647-7626 or visit [RocoRescue.com](http://RocoRescue.com).