

# FALL PREVENTION: PREPARE ACCORDINGLY



In a recent 10-year period, 29 miners died at metal and nonmetal mines when they fell. Protecting employees from falling includes engineering controls, and in areas where platforms, handrails or other safe access means cannot be installed, a miner must wear a safety harness with a shock-absorbing lanyard to avoid serious injury.

## KEY POINTS TO PREVENT FALLS:

01

The best fall protection is stationary or mobile platforms with handrails; install these if the work area allows.

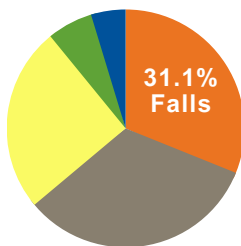
02

Examine the area before beginning work to determine if you need fall protection.

03

Employees working in an elevated position should have a safety harness and lanyard. Additionally, anchor points need to be placed so lanyards can be attached.

- Falls
- Equipment
- Overexertion
- Transportation
- Other



Leading causes of nonfatal injuries in the workplace (2019)

In 2020, 805 workers died in falls, and 211,640 were injured badly enough to require days off of work. A worker doesn't have to fall from a high level to suffer fatal injuries; 136 workers were killed in falls on the same level in 2020.



**PCA**  
Safety  
Month

PCA encourages members to access safety and health educational materials for June National Safety Month at [www.cement.org/safetymonth](http://www.cement.org/safetymonth)