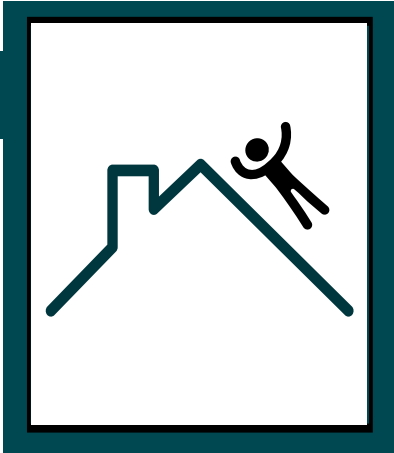




Berkley Industrial Comp Safety Blast



OSHA Top 10 Most Frequent Cited Violations

OSHA's "Top 10" list provides employers with valuable insight into not only where they may be cited but also where there is a high potential for a workplace incident. It is important to recognize that many injuries and fatalities are preventable. The list varies very little each year, making it good to refresh employees annually and mitigate injuries.

FALL PROTECTION

For the 9th year in a row, Fall Protection violations were the most frequently cited violations by OSHA in 2019, yet falls from heights continue to remain a leading cause of worker injuries and fatalities. In fact, there was an **11.3% increase in fatalities** due to slips, trips, and falls in 2019

Elements of an Effective Fall Protection Plan

- **Perform hazard assessments to identify existing and potential fall hazards at each worksite**
- **Develop fall prevention/protection procedures using the hierarchy of fall hazard controls**
 - ELIMINATION - change work tasks so they can be performed at ground level
 - PREVENTION - install platforms and guard rails, use aerial/scissor lifts, install tie off points, etc.
 - CONTROL - provide employees with fall harnesses and lanyards/lifelines, train employees on safe job procedures, train employees on proper use and inspection of fall protection equipment, etc.
- **Develop fall recovery/rescue procedures**
- **Procure appropriate fall protection equipment**
- **Identify Competent Person capable of training workers on fall protection measures and inspecting equipment**
- **Implement a plan for ongoing refresher training for all workers**

"An ounce of prevention is worth a pound of cure." - Benjamin Franklin

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