**Construction Fall Protection Resources**

**Policy Specific Resource Links**

OSHA Construction Regulations

[1926 Subpart M - Fall Protection | Occupational Safety and Health Administration (osha.gov)](https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926SubpartM)

1926 Subpart M Appendices:

[1926 Subpart M App A - Determining Roof Widths - Non-mandatory Guidelines for Complying with 1926.501(b)(10) | Occupational Safety and Health Administration (osha.gov)](https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926SubpartMAppA)

[1926 Subpart M App B - Guardrail Systems - Non-Mandatory Guidelines for Complying with 1926.502(b) | Occupational Safety and Health Administration (osha.gov)](https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926SubpartMAppB)

[1926 Subpart M App C - Personal Fall Arrest Systems - Non-Mandatory Guidelines for Complying with 1926.502(d) | Occupational Safety and Health Administration (osha.gov)](https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926SubpartMAppC)

[1926 Subpart M App D - Positioning Device Systems - Non-Mandatory Guidelines for Complying with 1926.502(e) | Occupational Safety and Health Administration (osha.gov)](https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926SubpartMAppD)

[1926 Subpart M App E - Sample Fall Protection Plan - Non-Mandatory Guidelines for Complying with 1926.502(k) | Occupational Safety and Health Administration (osha.gov)](https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926SubpartMAppE)

OSHA Construction Hazards Videos [Prevention Videos (v-Tools) | Construction Hazards | Occupational Safety and Health Administration (osha.gov)](https://www.osha.gov/vtools/construction)

OSHA Fall Protection Topic page <https://www.osha.gov/fall-protection>

OSHA Fall Protection publications <https://www.osha.gov/publications/bytopic/fall-prevention-protection>

National Home Builders Association [Fall Protection Toolkit - NAHB](https://www.nahb.org/Advocacy/Public-Toolkits/Fall-Protection-Toolkit)

NIOSH Ladder Safety App <https://www.cdc.gov/niosh/topics/falls/mobileapp.html>

American Society of Safety Professionals (ASSP) Z359.0-2018 Guidance Document for Definitions and Nomenclature Used in Z359 Fall Protection and Fall Restraint Standards (free download) <https://store.assp.org/PersonifyEbusiness/Store/Product-Details/productId/153488497>?

Ohio Administrative Workplace Ladder Safety Codes. [Rule 4123:1-3-11 - Ohio Administrative Code | Ohio Laws](https://codes.ohio.gov/ohio-administrative-code/rule-4123:1-3-11)

American Ladder Institute <https://www.americanladderinstitute.org/>

Rosendin Electric, Inc. video simulation of the effect on the human body from falls from a height of 12 and 20 feet using ballistic dummies. <https://youtu.be/vmjE0MWmNpY>

Fall Protection Hierarchy [Fall Protection & Working from Heights (ewu.edu)](https://inside.ewu.edu/ehs/laboratories-and-shops/shop-safety/fall-protection/)

Ohio BWC Safety Talks - Falls and fall prevention

* [Falls](https://www.bwc.ohio.gov/downloads/blankpdf/SafetyTalk-Falls.pdf)
* [Parking Lot Safety](https://www.bwc.ohio.gov/downloads/blankpdf/SafetyTalk-ParkingLotSafety.pdf)
* [Portable Ladder Safety](https://www.bwc.ohio.gov/downloads/blankpdf/SafetyTalk-Portableladder.pdf)

**General Assistance Resource Links**

[OSHA Homepage](https://www.osha.gov/)

[OSHA Laws & Regulations Homepage](https://www.osha.gov/law-regs.html)

[OSHA Training Requirements in OSHA Standards (All)](https://www.osha.gov/Publications/osha2254.pdf)

A document produced by OSHA with training requirements for all OSHA standards.

[American Conference of Governmental Industrial Hygienists](https://www.acgih.org/)

ACGIH supports the industrial hygiene communities with scientific data for members and others.

[National Institute for Occupational Safety and Health (NIOSH)](https://www.cdc.gov/niosh/npg/)

The NIOSH Pocket Guide to Chemical Hazards informs workers, employers, and occupational health professionals about workplace chemicals and their hazards.

[National Fire Protection Association (NFPA) Codes & Standards](http://www.nfpa.org/Codes-and-Standards)

NFPA is a private non-profit organization that coordinates the development of more than 300 consensus codes and standards. This link provided read-only access to all NFPA fire safety standards.

[American National Standard Institute (ANSI)](http://www.ansi.org/)

ANSI is a private [non-profit organization](https://en.wikipedia.org/wiki/Non-profit_organization) that oversees the development of [voluntary consensus standards](https://en.wikipedia.org/wiki/Standardization) for products, services, processes, systems, and personnel in the United States. The organization also coordinates U.S. standards with international standards so American products can be used worldwide.