

ZRS Safety Huddle Guide

Working from Heights and Dropped Object Hazards

Why this Matters

- Falls in construction continue to be one of the leading causes of injuries and fatalities.
 - In 2022 fall protection was the number 1 most frequently cited OSHA standard.
- According to Zurich data, 1 in 5 claims (20% of all construction claims) are related to working from heights.
 - Fall from heights (12%)
 - Dropped objects (8%)
- Struck-by falling objects accounted for 27% of fatalities in 2019 according to the Center to Protect Workers Rights.¹

¹ [Struck-By Injuries in the Construction Sector: Common Hazards, Barriers, and Opportunities to Keep Workers Safe | Blogs | CDC](#)

Lessons Learned

Have you experienced a near miss or accident?

Examples below:

- Employee was erecting scaffolding and fell from the 4th level to the ground when he lost his balance.
- While working on a swing stage, two employees were left suspended for an extended period of time when a tagline from a load became tangled in the suspension ropes. The company did not have an effective rescue plan in place.
- A 33-year-old electrician fell off a 12-foot step ladder when he was pulling wire. The worker suffered multiple injuries to his head and back.



Best Practices

- Plan where fall protection systems will be installed before the work starts. Use only approved fall arrest systems.
- Protect holes and openings with adequate covers that are marked and secured.
- Schedule work to limit trade stacking.
- Barricade areas underneath overhead work areas and include appropriate signage.
- Implement mandatory tool tether program.
- Use Type II helmets versus hard hats.

What fall protection or dropped object prevention best practices are used on your site?

Discussion

- What is the definition of a competent person? Who is the competent person for fall protection on this site?
- How do we know if an anchorage is correctly installed or rated for the fall exposure?
- How frequently does fall protection equipment need to be inspected?
- How do you properly secure a ladder?
- What are the requirements of hole covers?
- How can you prevent dropped objects from injuring or killing a worker on your site?
- Is trade-stacking limited on your site through proper planning?

Daily safety briefings before each task should include identifying and discussing fall and dropped object hazards. The foreman and crew should work together to reduce or eliminate these risks before starting work.

Attendance Form

Safety Meeting Sign in Sheet

Topic: _____ Date: _____

Trainer: _____ Location: _____

Print Name	Signature
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	

Comments/Feedback:

Contact us to learn more:

800-982-5964

Risk.engineering@zurichna.com

This is intended as a general description of certain types of risk engineering and risk management services available to qualified customers in the U.S. through The Zurich Services Corporation. The Zurich Services Corporation does not guarantee any particular outcome and there may be conditions on your premises or within your organization, which may not be apparent to us. You are in the best position to understand your business and your organization and to take steps to minimize risk, and we wish to assist you by providing the information and tools to help you assess your changing risk environment.

A1-P0725072-A (03/24) P0725072

