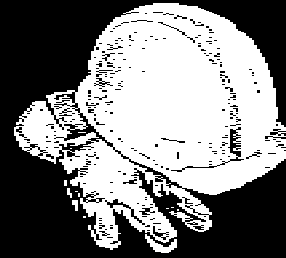# TRAINING GUIDE

GUARDRAILS

2001

Before you begin the meeting...

☐ *Does this topic relate to the work the crew is doing? If not, choose another topic.*

☐ *Did you read this Training Guide and fill in the blanks where the* ✎ *appears? (To find the information you need, look over the Safety Walkaround Checklist for this topic.)*

☐ *Did you locate a place to hold this meeting with a guardrail nearby?*

Begin: Today we'll be talking about guardrails. Never forget that a guardrail can save your life.

It's not the fall, but the sudden stop that kills. Falls are the #1 cause of disability among construction workers. Many die—in fact, 50% of those who fall 11 feet or more to a hard surface are killed. If you became a fatality today, your friends and family would grieve and your employer might be fined. Life would go on but you wouldn't. Don't take the fall!

You or a crew member may want to add a personal story about guardrails.

ASK THE CREW THESE QUESTIONS:

After each question, give the crew time to suggest possible answers. Use the information following each question to add points that no one mentions.

1. **When and where do we need to use guardrails?**

    *   There should be guardrails wherever workers could fall more than 7½ feet:

        —off structures   —off platforms, scaffolds, or ramps

        —through wall or floor openings   —into holes

        —through shaftways   —from sloped surfaces.

    *   There should be guardrails wherever workers or equipment cross trenches or excavations.

    Point out locations on this site that require and have guardrails:

✎ _____

_____

2. **What are the *two* purposes of a guardrail?**

    - A guardrail keeps people from falling.

    - A guardrail and toeboard keep materials, tools, and equipment from falling.

3. **Cal/OSHA says that guardrails must be built to meet certain standards. Let's look at a guardrail on this site and see if it meets the "specs." What should we check for?**

    Using a nearby guardrail, demonstrate the requirements below as the crew mentions them.

    - Must be able to withstand a 200 pound load in any direction.

    - Must be 42"–45" high from floor to top of rail.

    - Posts must not exceed 8 foot centers.

    - Must have a midrail. The midrail must be at least 1" x 6".

    - The top rail and posts must be at least 2" x 4".

    - Must have a 4" high toeboard strong enough to stop tools and materials from sliding or rolling over the edge. If a 4" toeboard isn't enough protection, then paneling or screening should be used.

    - The material must be good, not defective, and not have splinters. May use 1½" steel pipe or 2" x 2" x 3/8" angle for posts, top, and midrail. Other materials of equal or greater strength may be substituted.

4. **Besides guardrails, what other safety measures are needed around holes?**

    - Cover holes securely.

    - Mark holes with warning signs.

5. **Suppose you need to remove a guardrail, hole cover, or warning sign to do a job. What precautions should you take?**

    - Post a watch while you're working.

    - Put it back as soon as the work is done.

6. **What if it's not possible to install a guardrail?**

    - If there are no guardrails, any worker who could fall more than 7½ feet should tie off with a harness and lifeline.

    (Fall Protection is covered in more detail in a separate Training Guide.)

CAL/OSHA REGULATIONS

Explain: Most of the safety measures we've talked about are required by Cal/OSHA. We have to take these precautions—it's the law. I have a Checklist of the Cal/OSHA regulations on guardrails. If you'd like to know more, see me after the meeting.

COMPANY RULES

(Only if applicable.) Besides the Cal/OSHA regulations, we have some additional company rules about guardrails.

Discuss company rules: _____

_____

COMMENTS FROM THE CREW

Ask: Do you have any other concerns about guardrails? Do you see any problems on our job? *(Let the steward answer first, if there is one.)*

What about other jobs you've worked on? Have you had any experience with guardrails that might help us work safer on this job?

SIGN-OFF FORM
GUARDRAILS

Date Presented: _____   By: _____

Project Name/No.: _____   Location: _____

NAMES OF THOSE WHO ATTENDED THIS SAFETY MEETING

PRINTED NAME	SIGNATURE