



TSR VIRTUAL COFFEE BREAK



WELCOME!

- **Questions?** Type them in the chat or Q&A window at anytime. We'll have time at the end. For everything else, contact Sales@TriStateRestores.com.
- **We are recording!** Links to view the video & PDF presentation will be shared with you tomorrow morning. *Visit TriStateRestores.com/VCB for a complete archive.*
- **Starbucks Gift Cards:** 10 attendees today will take home a caffeinated gift!
- **After the VCB:** Please complete the post-event survey, see you September 27!
- **Liked this Presentation?** Share a review of TSR on Google or Yelp for a \$25 Amazon Gift Card* (*Subject to Google Review/Approval)
- **Stay till the end** – ONE lucky attendee will **win a Crumbl Prize Pack** (worth \$50!)



WHO WE ARE



FAMILY OWNED - LOCALLY OPERATED - ESTABLISHED FIRM

Tri State Restorations LLC® is an independent commercial and residential disaster recovery firm based in the Washington D.C. Metropolitan area (MD/DC/VA). We specialize in the mitigation, remediation, removal, cleanup and restoration efforts of large and small water, fire, mold, biohazard, lead & odor caused damages.

Our company's mission is *Turning Disaster Into Peace of Mind®* because we're committed to easing the burden of handling your property disaster by providing you with the best customer experience and services available.





SUITE OF SERVICES

We're Your Local DMV Area Commercial & Residential Disaster Recovery Experts.



Water Extraction,
Mitigation &
Property
Restoration



Mold Remediation
& Lead Abatement



Fire/Smoke
Restoration & Odor
Control



Biohazard &
Trauma
Disinfection &
Cleanup



Sewage Mitigation,
Extraction and
Disinfection



LICENSED + INSURED + RELIABLE

- IICRC Certified Firm
- EPA Lead Safe Certified Firm
- IAQA SMART Mold Firm
- 5-Star Rated
- TSR Employees are Infectious Disease & Bloodborne Pathogen Certified
- EPA Licensed Asbestos Inspector



AVAILABLE 24-7

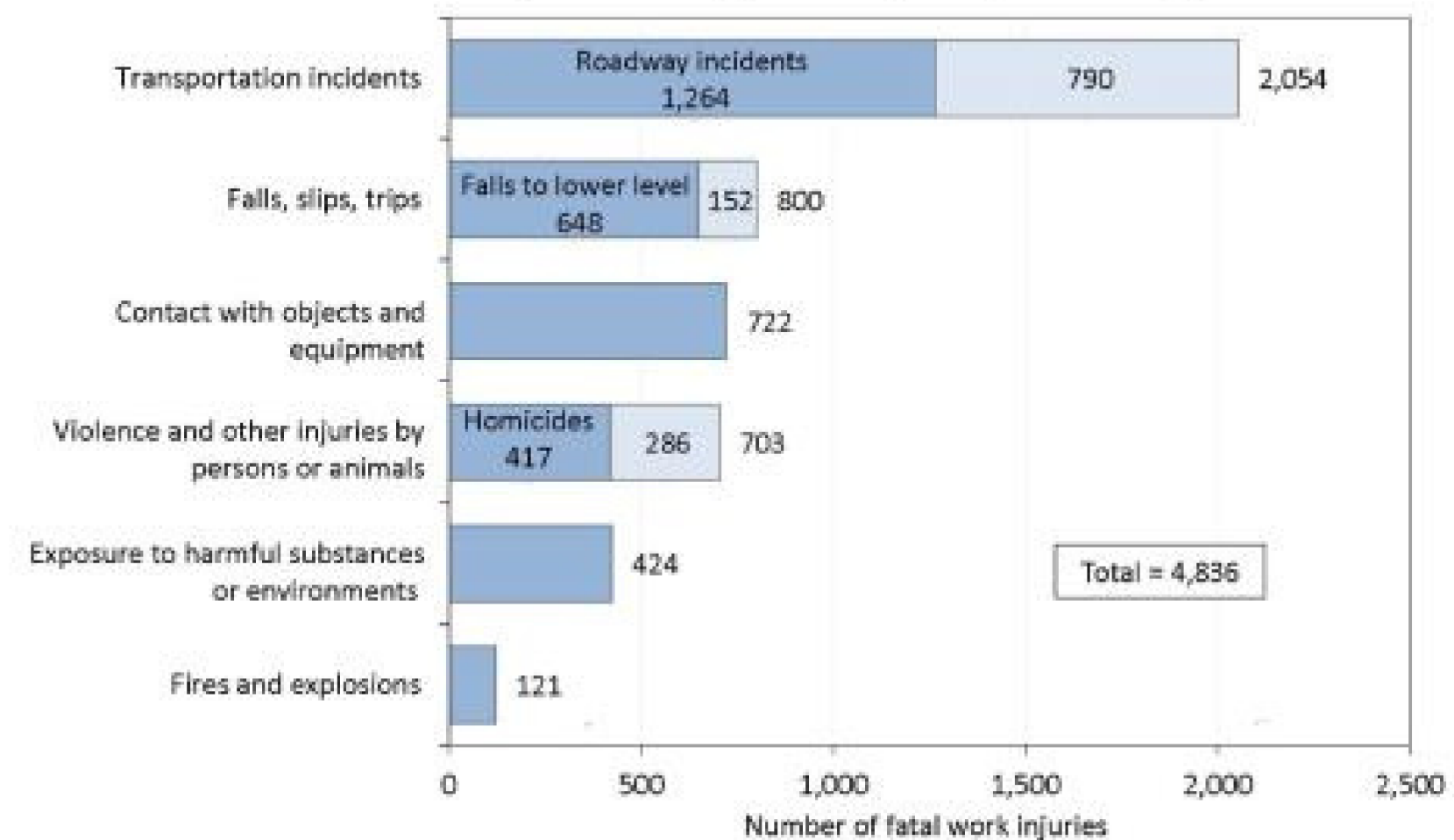


**TODAY WE'RE GOING TO TALK
ABOUT MAKING SAFETY A TOP
PRIORITY; PREVENTING SLIPS,
TRIPS AND FALLS**



FALLS ARE THE LEADING CAUSE OF DEATH IN CONSTRUCTION

- Slips, trips, and falls make up the majority of general industry accidents
- In 2020, there were 351 fatal falls to a lower level out of 1,008 construction fatalities (BLS data). **These deaths are preventable.**



More fatal work injuries resulted from transportation incidents than from any other event in 2015. Roadway incidents alone accounted for about one out of every four fatal work injuries.



OSHA TEAMS UP TO HELP PREVENT FALL HAZARDS

Because workers were getting hurt or dying at such an alarming rate, In 2012, OSHA partnered with the National Institute for Occupational Safety and Health (NIOSH) and National Occupational Research Agenda (NORA) to raise awareness among workers and employers about common fall hazards in construction, and how falls from ladders, scaffolds and roofs can be prevented.

This year, OSHA, NIOSH, and many other organizations celebrated the 10th anniversary of the National Safety Stand-Down to prevent falls in construction the week of May 1-5.



For more information:

osha.gov/PreventFalls

#StandDown4Safety

1-800-321-OSHA (6742) • TTY 1-877-889-5627



Safety Pays. Falls Cost.



PLAN. PROVIDE. TRAIN. THREE SIMPLE STEPS TO PREVENTING FALLS.

PLAN ahead to get the job done safely

When working from heights, employers must plan projects to ensure that the job is done safely. Begin by deciding how the job will be done, what tasks will be involved, and what safety equipment may be needed to complete each task.

When estimating the cost of a job, employers should include safety equipment, and plan to have all the necessary equipment and tools available at the construction site. For example, in a roofing job, think about all of the different fall hazards, such as holes or skylights and leading edges, then plan and select fall protection suitable to that work, such as personal fall arrest systems (PFAS).

PLANNING...

- Identify fall hazards on the jobsite
- Decide how to correct the hazards and prevent a fall
- Assign a person to make sure the hazards are corrected





PLAN. PROVIDE. TRAIN. THREE SIMPLE STEPS TO PREVENTING FALLS.

PROVIDE the right equipment

Workers who are six feet or more above lower levels are at risk for serious injury or death if they should fall. To protect these workers, employers must provide fall protection and the right equipment for the job, including the right kinds of ladders, scaffolds, and safety gear.

Use the right ladder or scaffold to get the job done safely. For roof work, if workers use personal fall arrest systems (PFAS), provide a harness for each worker who needs to tie off to the anchor. Make sure the PFAS fits, and regularly inspect it for safe use.

PROVIDING...

Equipment to prevent falls:

- Personal fall arrest systems
- Access equipment (aerial lifts, ladders, etc.)
- Guardrails
- Other appropriate fall prevention equipment





PLAN. PROVIDE. TRAIN. THREE SIMPLE STEPS TO PREVENTING FALLS.

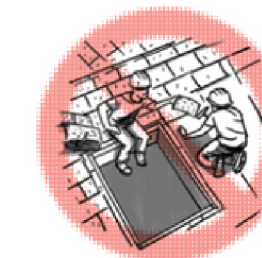
TRAIN everyone to use the equipment safely
Every worker should be trained on proper set-up and safe use of equipment they use on the job. Employers must train workers in recognizing hazards on the job.

FALLS FROM ROOFS CAN BE PREVENTED!

- ✓ Wear a harness and always stay connected
- ✓ Make sure your harness fits
- ✓ Use guardrails or lifelines
- ✓ Inspect all fall protection equipment before use
- ✓ Guard or cover all holes, openings, and skylights



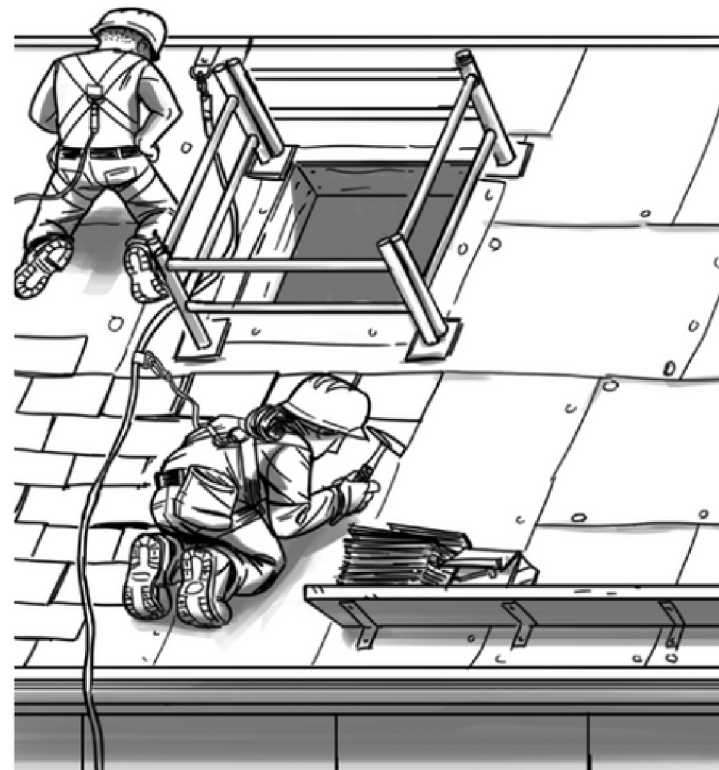
DON'T
disconnect from
the lifeline



DON'T
work around unprotected
openings or skylights



DON'T
use defective equipment



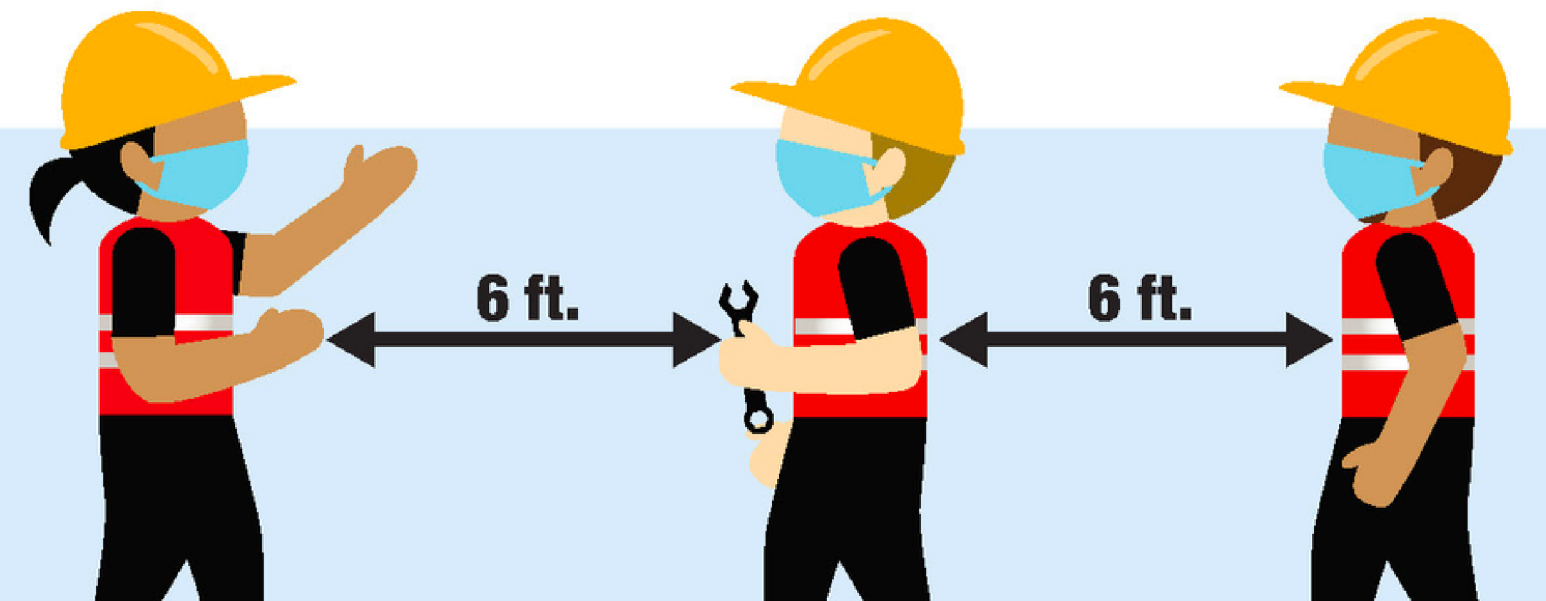
PLAN ahead to get the job done safely.

PROVIDE the right roof equipment.

TRAIN everyone to use the equipment safely.

TRAINING....

- On the use of fall protection equipment
- What to do if someone falls





WHAT IS A PFAS?

A PFAS (personal fall arrest system) consists of three major components:

- a full-body harness;
- a shock-absorbing lanyard or retractable lifeline;
- secure anchors.

Personal fall arrest systems shall be rigged such that an employee can neither free fall more than 6 feet (1.83 m) nor contact any lower level. Criteria for selection, use and care of systems and system components. The attachment point of a body belt shall be located in the center of the wearer's back.





OSHA Standards Reference Key

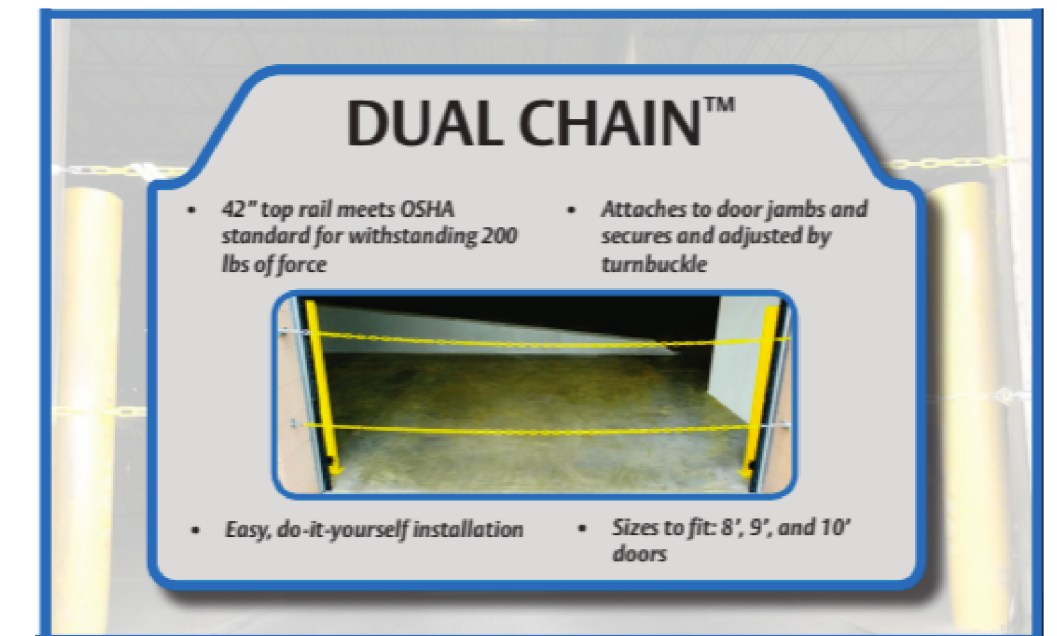
- OSHA standards changes have been in effect since **January of 2017**
- Lack of proper fall protection will result in a **MAX** fine of **\$13,260 PER DOCK**
- **1910** - General industry standards
- **Subpart D** - Walking-working surface or dock leveler
- **Duty to** - moral or legal obligation; a responsibility
- **Guardrail system** - a portable or fixed device that spans a gap or compensates for a difference in elevation between a loading platform and a transport vehicle. Dockboards include, but are not limited to, bridge plates, dock plates, and dock levelers
- **Hoist area** - any elevated access opening to a walking-working surface through which equipment or materials are loaded or received
- **Guardrail system** - barrier erected along an unprotected or exposed side, edge, or other area of a walking-working surface to prevent employees from falling to a lower level
- **1910.26**: Dock boards (leveler)
- **1910.28**: An unprotected side or edge of a dock that is above 4'
- **1910.29**: A guardrail system, chain system, or gate are acceptable forms of fall protection at a hoist

WHAT ARE OSHA'S REQUIREMENTS?

OSHA requires that fall protection be provided at elevations of four feet in general industry workplaces, five feet in shipyards, six feet in the construction industry and eight feet in longshoring operations. In November of 2016, OSHA issued its final rule on Walking-Working Surfaces and Personal Fall Protection Systems.

Some key takeaways:

- OSHA Standards for fall protection have been in effect since January 2017.
- Lack of proper protection will result in a MAX fine of \$13,260 per dock.



NOW, LETS:

- **Identify types of fall hazards associated with workplace environments.**
- **Identify methods to eliminate or protect against fall hazards.**



RECOGNIZING HAZARDS



WHAT ARE COMMON FALL HAZARDS?



- Overhead Platforms
- Overhead Runways
- Elevated Work Stations

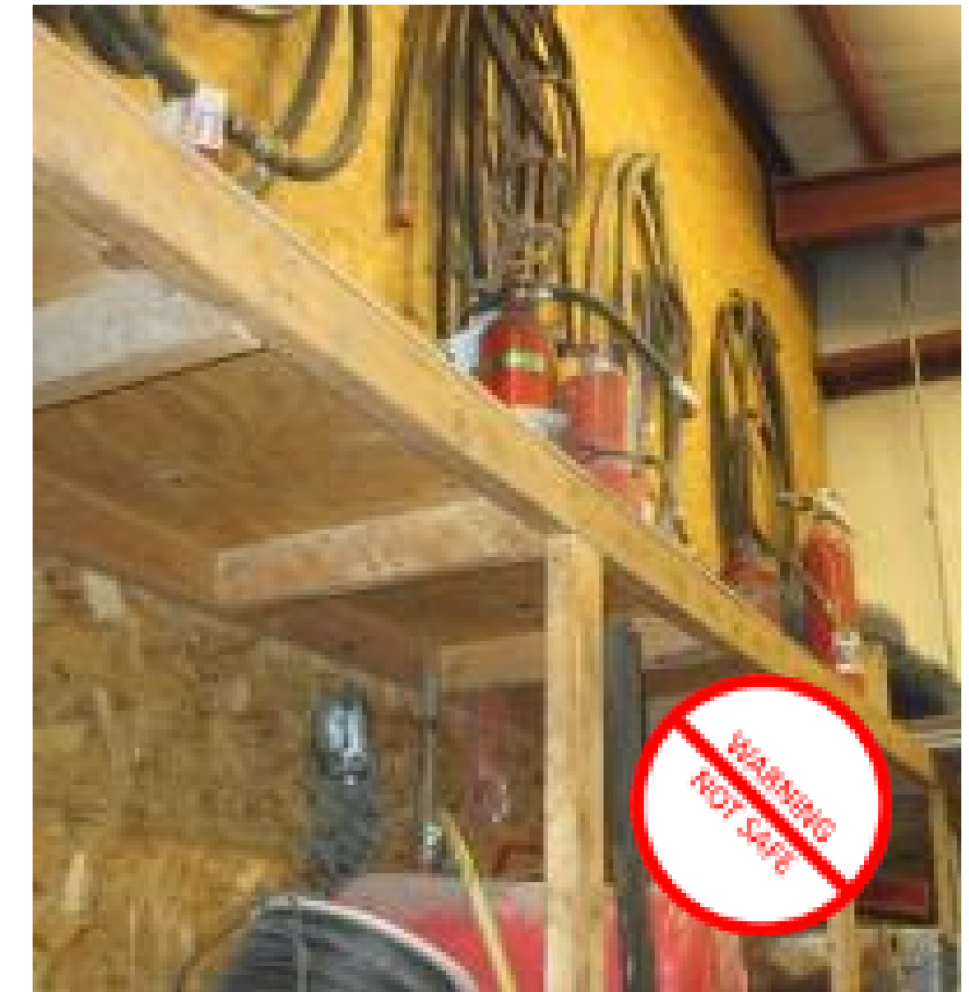


Source of photos: OSHA

WHAT ARE COMMON FALL HAZARDS?



- Floor Openings/Pits
- Wall Openings
- Shelving Units



Source of photos: OSHA

WHAT ARE COMMON FALL HAZARDS?



- Stationary Storage Tanks
- Tanker Trucks
- Industrial Production Units



Source: WVU



Source: OSHA



Source: OSHA




5 Ways to Prevent Workplace Falls



Share

5 Ways to Prevent Workplace Falls



Watch on  YouTube



FALL HAZARD CONTROLS

First line of defense:

- Eliminate fall hazards – work from the ground. Use drone, equipped with camera, for inspections at heights instead of people.

Second line of defense:

- Prevent the fall with guard rails, fences and barricades, personal fall restraint

Third and last resort:

- Control the fall with Anchorages, Body harness & Components





ELIMINATE FALL HAZARDS

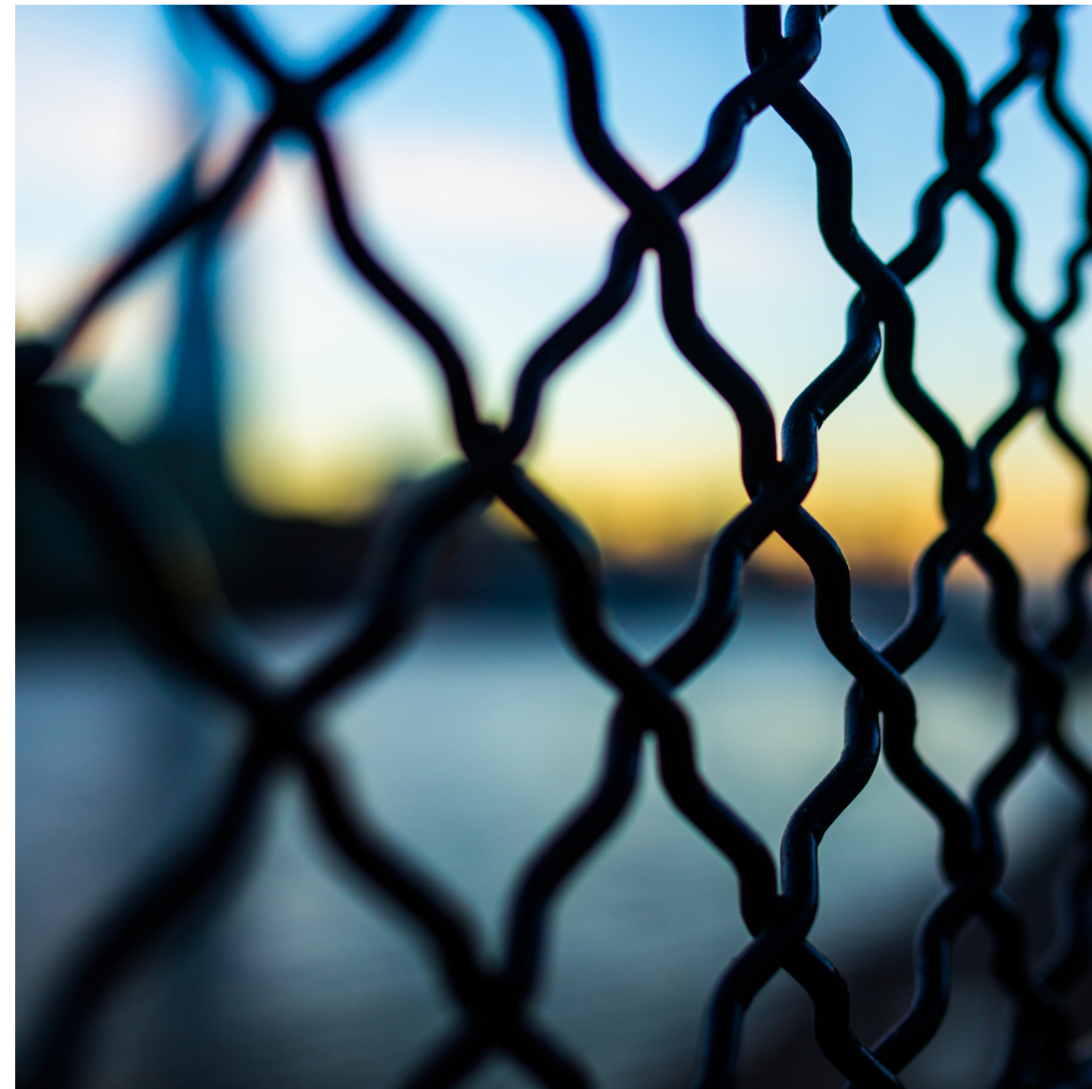
Very effective way to eliminate a fall hazard. Designed to withstand intended load. Secured-bolted, hinged, latched, locked

Eliminate fall hazards with hole covers/grates





PREVENT THE FALL WITH GUARD RAILS, FENCES AND BARRICADES, PERSONAL ALL RESTRAINT



Source: WVU



Source: OSHA



CONTROL THE FALL WITH ANCHORAGES, BODY HARNESS & COMPONENTS

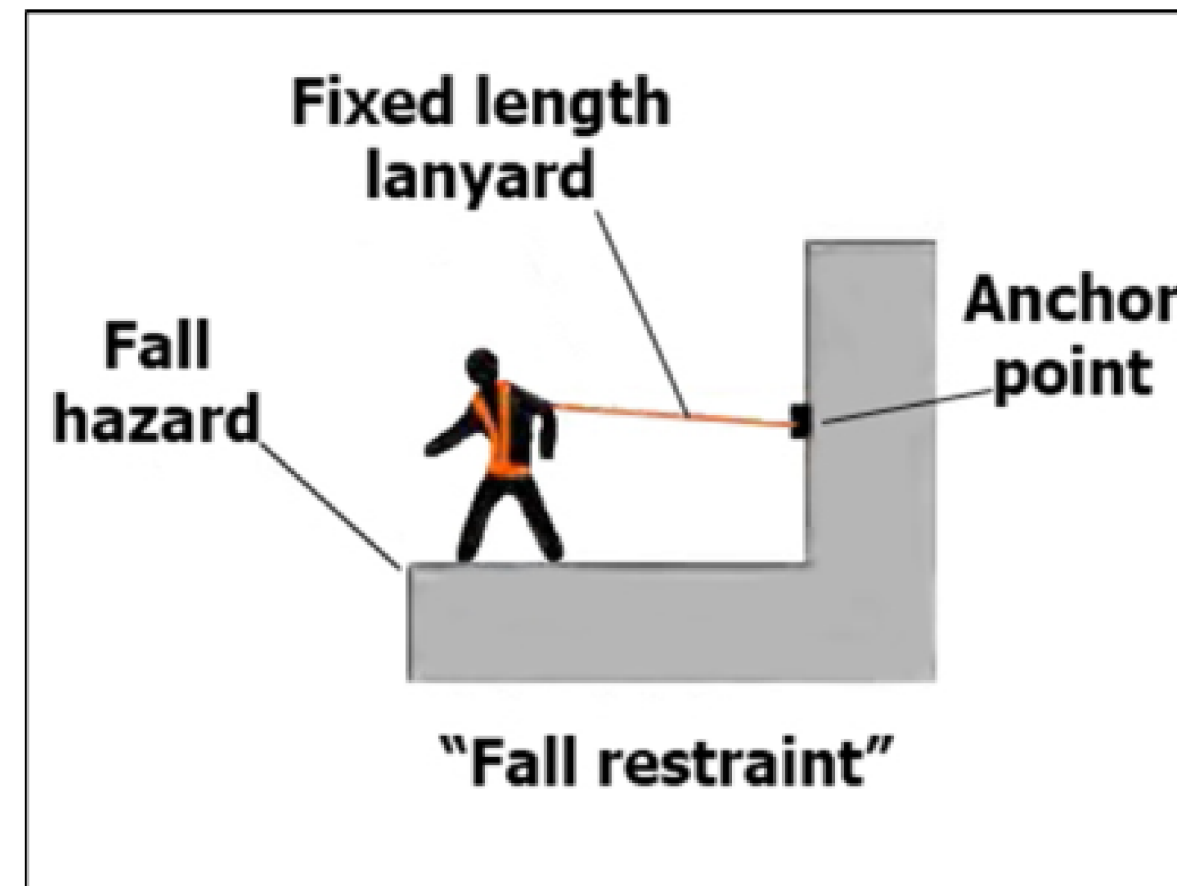




PREVENT THE FALL

Prevent the fall – personal fall restraint

- Prevent falls by keeping worker from reaching fall hazard
- Comprised of a body belt or body harness, an anchorage, connectors
- Often used when section of guardrail or hole cover is temporarily removed





CONTROL THE FALL

Control the fall – positioning devices

- Consists of a body belt and connecting device
- Keeps workers from falling, while allowing their hands to be free to perform work



Source: OSHA

Source: OSHA



CONTROL THE FALL

Control the fall – safety net systems

- Consists of specially designed mesh nets, panels, and connecting components
- Must be designed, installed and maintained properly



EMPLOYER REQUIREMENTS



TRAINING – YOUR EMPLOYER MUST TRAIN YOU ON THE FOLLOWING:

- Fall hazards associated with your facility and your work
- Methods used to protect you from those hazards
- Proper and safe use of any personal fall arrest, positioning, or fall restraint systems
- Applicable OSHA standards

Plan. Provide. Train.

Protect your employees by:

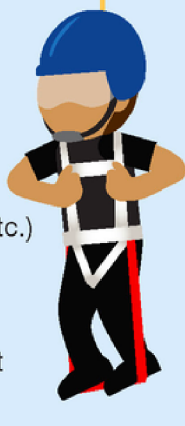
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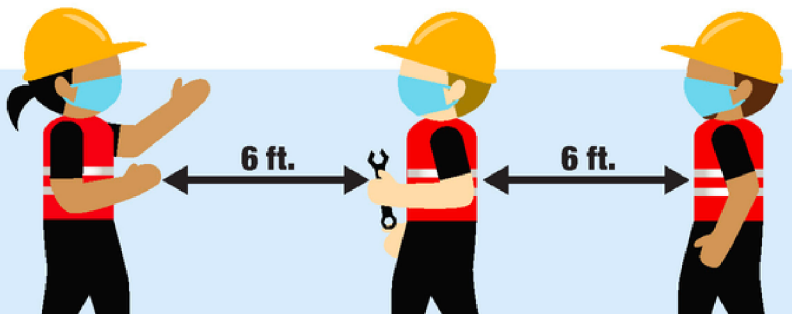
PROVIDING...

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 - Guardrails
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TRAINING....

- On the use of fall protection equipment
- What to do if someone falls



Learn more about how to create
a fall protection plan for your company at
<https://tinyurl.com/fall-protection-plan>

PLAN. PROVIDE. TRAIN.
Three simple steps to preventing falls.

EMPLOYER REQUIREMENTS



INSPECTION

- Your employer must inspect the:
 - workplace for existing and potential fall hazards
 - fall hazard controls used; such as guardrails, covers, grates, and anchorage points
- You must inspect your PFAS, Positioning and Fall Restraint hardware before each use.



EMPLOYER REQUIREMENTS



RESCUE

- Personal Fall Arrest Systems require a rescue plan
- Employer must develop and communicate the rescue plan to all involved





ADDITIONAL RESOURCES

**POSTERS, TRAINING AND OTHER RESOURCES
ARE AVAILABLE FROM THE FOLLOWING
ORGANIZATIONS:**

- OSHA
- NIOSH
- CPWR
- NORA

IN CLOSING...

While Tri State Restorations is primarily a mitigation company, our goal is to keep both our employees and our customers safe on every job.

If you suspect water damage, mold growth, or any other property hazard, give us a call on our emergency services line:

**We're available 24/7 to help with
your disaster:
866-818-1949**





QUESTIONS?

Enter them into the Q&A or chat box now!



HELP US PLAN FUTURE COFFEE BREAKS!

What would you like for us to feature in 2023? Let us know by completing the post-event survey! *As always, today's recording and past VCBs can be found at TriStateRestores.com/vcb*



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Let us know by reviewing Tri State Restorations on Google, Facebook or Angi and we'll send you a \$25 Amazon gift card!

Note: Google will not accept reviews that do not comply with their terms, visit: <https://support.google.com/local-guides/answer/7400114?hl=en> to learn more

GRAND PRIZE DRAWING TIME!

One lucky attendee will be drawn at random to receive
A Crumbl Prize Pack! (\$50)





SECOND PRIZE DRAWING TIME!

\$5 Starbucks Gift Cards!

Chat us one thing you learned in this presentation to win!
The first 10 responses get a digital gift card.



24-HOUR EMERGENCY LINE

866-818-1949



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SEE YOU SEPTEMBER 27!