



2823 Hedberg Drive  
 Minnetonka, Minnesota 55305  
 Telephone: (952) 546-8166  
 Fax: (952) 544-8869  
 www.olympiccompanies.com

Date: <b>July 12, 2021</b>		PLEASE EMAIL YOUR SIGN-IN SHEET INTO THE OFFICE AFTER YOUR MEETING	
Project Number#	Job Name:	Person Conducting Meeting:	

## Fall Protection

Anytime we are exposed to a fall greater than 6 feet or working above a hazardous area, we need to be protected from a fall. There are two ways to protect our crew members. We can be protected with a guardrail system (top rail or cable at a height of 38-42" from the floor, a mid-rail located at 21" from the floor & a toe board). Or we can use personal fall arrest systems (a body harness, lanyard or retractable lifeline & an anchor point). Both systems, if put into place properly, can prevent a fall.

**Attached to this T-B-T is the instructions to properly "DON"/put on a body harness.**

**Last week's Bonus Question:** How many hours have we worked since our last Lost Time Injury?

**Answer:** We have safely worked 83,668 hours since our last lost time injury. **GOOD JOB!!!**

Inspect your equipment (*scaffold, aerial lifts, ladders, fall protection, electrical cords, etc., etc.*) prior to the start of each work shift.

For inspection packets, repair tags call Dave Sangren @ (612) 612-644-3136 to have some delivered to your jobsite.  
 Please call Dave if your jobsite is in need of COVID supplies: hand sanitizer, bleach cleaner, masks, etc.

Any questions give Sturg a call (612) 221-8603

PLEASE PRINT YOUR NAME

(Foreman review sheet, verify crew members names are legible)


Visit our website: [www.olympiccompanies.com](http://www.olympiccompanies.com)

Comments:

**As of July 8, 2021 we have worked 60 days without a Lost Time Injury.**  
**We have safely worked 90,880 hours towards our ATV goal of 150,000 hours!**

As you can see, we have successfully worked the months of May and June without a Lost Time injury.  
 If you have any suggestions for a Safety Award, send a text to Sturg @ 612.221.8603!  
**So far the suggestions have been: Camping chairs, Backpacks, Gift Cards**

Toolbox Talks winner for last week: **Shawn Lind @ Essentia Hospital & Nick Brabant @ 270 Hennepin**

This week's Bonus Question:

**How many pounds of force does the top rail of a guard rail system need to hold?**

HINT: **1926.502(b)(3)**

*"Building a Safer Place to Work" one week at a time.*

## The Proper Way to Don a Harness

Note: Always inspect your harness (all fall protection equipment) prior to use and remove it from service if it is damaged.

1. Put your arms through the shoulder straps, much like you put on a coat/vest.
2. Make sure the D-ring is in the middle of you back directly between your shoulder blades.
3. Pull each leg strap through your legs and fasten them snugly. With your hand flat against your leg your fingers should fit under the strap.
4. Stand up straight and adjust the length of the body/torso straps to remove any slack.
5. Fasten the chest strap across the middle of your chest.
6. Lastly, perform a self-check to verify fit and make sure all loose or excess straps are tucked into the retainers provided.

