

# AGC Tool Box Safety Talk

## TRIGGER HEIGHTS FOR FALL PROTECTION

### INTRODUCTION

1. Review any accidents or “near accidents” from the past week.
2. Describe the hazards of the work as they relate to your project. Explain or show the SAFE way of doing the job.
3. Give the TOOL BOX SAFETY TALK

The “trigger height” is the minimum height at which fall protection is required. Trigger heights vary depending on the type of work. Know the trigger heights for your work and use fall protection as necessary.

- OSHA defines the standard trigger height for fall protection at six feet above a lower surface for construction applications, but there are exceptions in certain operations.
- The trigger height for work on scaffolds is 10 feet when fall protection is required.
- The trigger height for most steel workers is 15 feet, and 30 feet for connectors.
- The trigger height for roofers on roofs with pitches 8:12 or less in residential type, wood frame construction is 25 feet.
- “The six foot rule” is a rule of thumb that states that any worker exposed to a fall of six feet or more must be protected from falls to lower levels..
- The “100% tie-off rule” is a rule of thumb that states that any employee working six feet above a lower level must be protected from falls 100 percent of the time.

