



MIOSHA Fact Sheet

Consultation Education and Training Division

Highlights of the Fall Protection Standard

1. Must provide fall protection at 6' or higher
This includes:
 - Holes and skylights
 - Ramps and walkways
 - Wall openings
 - Roofs
 - Any other walking/working surface
 - Excavation over 6' require barriers or guardrails if they are wells, pits, shafts, or similar OR if the excavation edge is not readily seen
 - Holes must be covered and covers must:
 - withstand twice-anticipated load
 - be marked "hole" or "cover"
 - be secured
2. Choices for fall protection include:
 - A) Guardrail Systems
 - B) Safety Net System
 - C) Personal Fall Arrest System (PFAS)
3. Guardrails:
 - 42" high, plus or minus 3"
 - Toprail must support 200 lbs. outward and downward force
 - Midrails must support 150 lbs.
 - Wire rope must be flagged every 6'
 - Wire rope must not deflect more than 3"
4. Safety nets:
 - Fall distance into net no more than 30'
 - Nets extend beyond working surface 8', 10', or 13' depending on distance below surface
 - 400 lbs. drop test required for nets
5. Personal Fall Arrest System (PFAS):
 - Anchorage must support 5000 lbs
 - Free-fall distance must be limited to maximum of 6'
 - Harnesses and lanyards must be inspected daily
 - Lanyards must be shock-absorbing
 - A Rescue Plan is required that will provide a means to retrieve a victim that has fallen and is suspended by their harness and lanyard
6. Overhand bricklaying has the option of using a controlled access zone
7. Workers on flat and low-sloped roofs have the option of using a warning line system. Six feet back from edge for roofers, 15 feet back for all other trades
8. Workers on steep roofs (greater than 4 in 12) must use either guardrails, nets, or personal fall arrest
9. Precast concrete erection workers must use either guardrails, nets, or personal fall arrest. Where infeasible, they must implement a written "fall protection plan"
10. Leading edge workers must use either guardrails, nets, or personal fall arrest. Where infeasible, they must implement a written "fall protection plan"

LARA is an equal opportunity employer/program.

Consultation Education and Training Division
530 W. Allegan Street • P.O. BOX 30643 • Lansing, MI 48909-8143
www.michigan.gov/miosha • 517-284-7720
(MIOSHA/CET #0180 • Revised 07/05/18)

