



United Safety Net

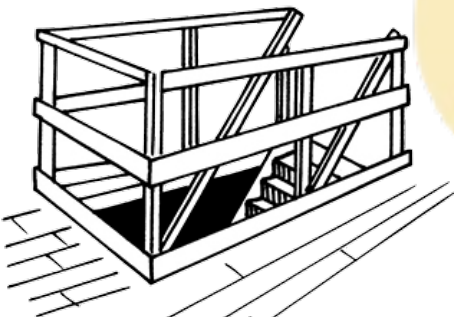
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SAFETY MEETING - ENGLISH GUARD RAIL

GUARD RAIL

1. All workers must be trained on how to recognize a fall hazard and fall protection.
2. Guardrails are required when workers are exposed to falls greater than 6 feet.
3. If you are going to build or use a wood guardrail, it has to be done at least with 2x4 wood.
4. Top board must hold 200 pounds of lateral force.
5. Mid rail must hold 150 pounds of lateral force.
6. Toe board must hold 50 pounds of lateral force.
7. Again, Must be made of good quality two by four inch material free of knots, splits or damage.
8. Toe board must be used when using tools or objects because it can fall to the level below and strike another employee.
9. Steel or plastic banding cannot be used.
10. So, have a toe board,
11. Mid Rail 21 inches from the ground,
12. Top Board 42 inches from the ground



Date: ____/____/____

Time: ____/____ AM - PM

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State: _____

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