

SB064 - Safety Measures for Working at Heights

Falls from height are one of the most serious yet preventable workplace hazards. In 2024, they accounted for about 79% of all fall-related fatalities, underscoring the significant risk of working at elevation. [bls.gov]. Nonfatal incidents are also a major concern—during 2023–2024, approximately 74% of fall-related injuries were severe enough to require time away from work. These numbers reinforce why, here at UCF, we are committed to preventing fall-related injuries and protecting our employees.

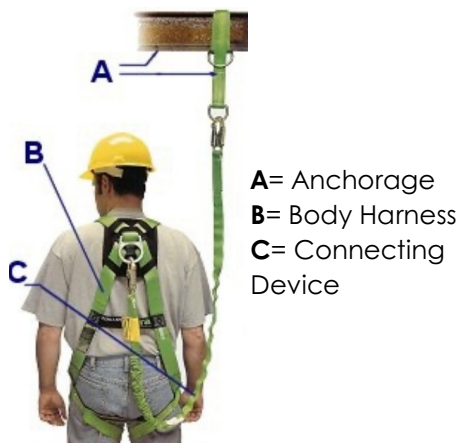
When Fall Protection is required?

- Working on a surface over 4 feet high with no guardrails
- Guardrails are lower than 42 inches
- Using aerial lifts

How can we prevent falls?

Fall related injuries are best prevented by applying the hierarchy of fall protection:

- Eliminating or engineering out hazards (level surfaces, guardrails)
- Proper personal fall protection, which could include fall arrest and fall restraint
- Administrative controls, including training, policies, and procedures



Things to remember

- Complete required training before working at height
- Inspect fall protection equipment before each use.
- Use 3 points of contact on ladders —do not carry tools while climbing Secure tools and materials to prevent falling objects.
- Always follow the ABCs of personal fall protection: Anchorage, Body Harness, and Connecting Device.
- If you notice any unsafe conditions or potential fall hazards, report them to your supervisor right away.
- Use a safety monitor when required.

UCF Requirement:

Work on roofs or elevated surfaces over 4 ft. requires a safety monitor, except when protected by a compliant guardrail/parapet or when accessing a mechanical penthouse more than 15 ft. from the edge.



Phone (407) 823-6300



EHS@ucf.edu



Office Location

Building 48
3512 Perseus Loop
Orlando, FL 32816-3500