

# ESOURCE NEWSLETTER

## PREVENTING FALLS FROM HEIGHTS: OSHA STANDARDS FOR POWER LINEMEN

The work of power linemen is incredibly dangerous for several reasons — they are often dealing with high-voltage electrical systems, and they are doing this from elevated heights. This presents a heightened risk of injuries and even fatalities due to falls from heights. Here is what you need to know about these hazards and how OSHA standards are meant to keep workers safe in these conditions and prevent power lineman fall injuries.

### Power Linemen Working from Heights and Power Lineman Fall Injuries

Power linemen are responsible for installing and repairing high-voltage power systems. This might require them to climb utility poles as high as 100 feet in the air. A fall from a utility pole or the top of a transfer station could result in serious injuries or even death.

In the early 20th century, there were little to no regulations protecting workers who operated at these dangerous heights. In fact, it was up to the individual worker to figure out how to stay safe and prevent falls. When the Occupational Safety and Health Administration (OSHA) was created in 1971, this changed for the better.



### OSHA Fall Protection Standards for Power Linemen

When OSHA was first established as an organization, one of its first priorities was to address the problem of fall protection. The agency collected data that helped it develop the first fall protection safety regulations. OSHA's Subpart M Fall Protection Standard originally required that all employers have compliant fall protection systems when working on surfaces 4-6 feet off the ground. This was the first fall protection standard passed by OSHA in 1994. The requirements were strengthened in 2014.

### How Fall Protection Regulations Have Changed

Having OSHA fall protection standards in the workplace is just one part of the equation. Employers know they are required to do certain things to keep workers safe and protect them from dangerous and deadly falls. However, compliance with these guidelines has been an ongoing issue. If no one is following the rules, workplace injuries will continue with catastrophic results.

(Continue, Page 2)

*(Continued, Page 2)*

In 2014, OSHA put additional regulations in place meant to increase workplace compliance and reduce accident rates. These new regulations require additional fall protection training and address issues with fall protection equipment. Specifically, some workers may avoid wearing harnesses because they are uncomfortable or heavy. New ergonomic harnesses should increase compliance and help reduce dangerous falls from height accidents.

The update to the Fall Protection Standard also reduced the height requirement for safeguards. Specifically, every power lineman working at a height of 4 feet or higher must now use fall protection.

Another significant change to the standard was for fall protection exceptions. Under the previous standard, workers could use body belts in certain situations. The new standard requires that power linemen wear body harnesses at all times, no matter what their work surfaces are.

## **Different Methods of Fall Protection**

Fall protection systems are an important element used to prevent power lineman fall injuries. Fall protection systems can be classified as either active or passive. An active system requires that human workers participate in some way, such as using fall restraint or arrest systems. A passive system doesn't require any action from workers once it's in place, such as netting or guard rails. In addition to this, there are four main ways an employer can protect workers from falls or fall-related accidents.

### **1. Fall Elimination**

Fall elimination refers to avoiding work at heights so no one can get injured. For a utility company that employs power linemen, this would not be a practical risk management strategy.

### **2. Fall Prevention**

Since working at heights is unavoidable, the best way to protect power linemen from fall injuries is to prevent them from falling. OSHA requires workplaces to use both passive and active strategies to prevent falls. These include things like installing toe boards and guardrails and requiring the use of safety harnesses. OSHA also requires that employers minimize dangers by assessing work site hazards, keeping areas clean, and training employees.

### **3. Fall Arrest**

Fall arrest systems are designed to stop an employee from hitting a lower surface once they've lost their footing from an elevated location. These generally consist of a safety lanyard, harness, or self-retracting lifeline that is attached to one or multiple anchor points.

### **4. Fall Restraint**

A fall restrain system is similar to a fall arrest system. However, these systems have shorter lines or lanyards with the purpose of stopping a fall from happening in the first place. As soon as a worker gets close to the edge, the system will hold them in place.

Working around electricity is a dangerous job. As a power lineman, it's important to understand that your occupation is risky and that your employer also has a responsibility to provide a safe workplace. Often, employees aren't provided with appropriate fall protection training or safety equipment. Lineman Injury Attorney's mission is to provide workers in this industry with the information they need to stay safe and assert their rights if they've been hurt on the job.

---



# 2026 IMEA Annual Business Meeting & Vendor Expo

**REGISTRATION IS AVAILABLE !**

IMEA Annual Business Meeting & Vendor Expo provides an opportunity to learn from industry experts and network with peers. It attracts all levels of the Indiana utility professionals and staff from member communities, as well as IMEA staff.

The conference features educational sessions on technical programs focused on the utility industry. It also provides an opportunity to collaborate with other utilities one on one during the IMEA business meeting.

In order to make sure that all guest are provided hotel room availability we ask that you reserve your room ahead of time. This way we are able to keep track of quantity and increase the group block if needed.

We need your voice to be heard & your experience of the Public Power Industry to share with others during the IMEA Annual Business meeting.

We Look Forward to Your Participation!



**13 - 15 October, 2026**



**Belterra Casino Hotel & Resort  
777 Belterra Dr, Florence, IN 47020**

# IMEA MEMBER SERVICES & RESOURCES

- Education & Networking
- Safety & Training
- Legislative, Regulatory, and Limited Legal Assistance
- Lineman Apprentice Skills Trainin
- Mutual Aid
- DOL Journeyman Lineworker Apprentice Program
- Annual Business Meeting & Vendor Expo
- Educational Scholarships
- Joint Programs & Committees
- Public Relations
- Public Power Promotions
- Rate Services and Intervention
- News Publications
- Operation & Management
- Member Directory
- Website





IMEA  
MUTUAL AID

NEIGHBORS  
HELPING  
NEIGHBORS



VISIT: [WWW.IMEA.COM](http://WWW.IMEA.COM) / MUTUAL AID

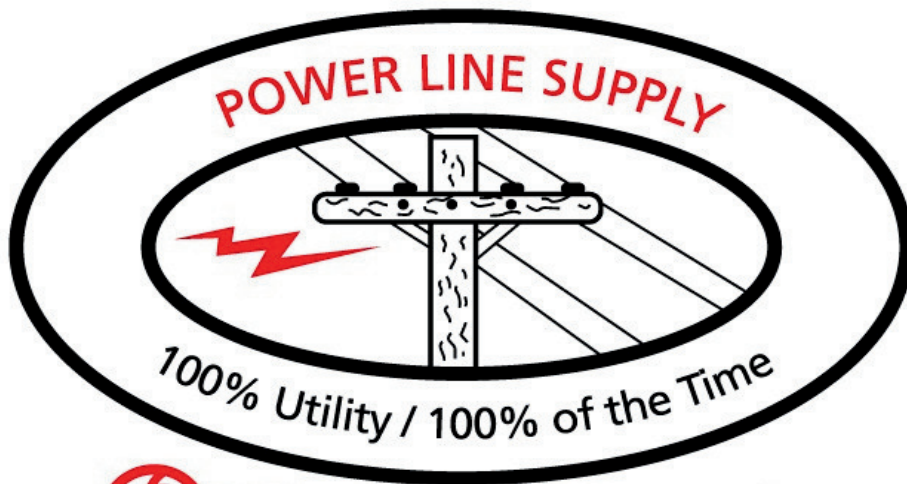


## IMEA ASSOCIATE MEMBERS

---

**SUPPORTING THE MISSION FOR SUCCESS IN THE  
ELECTRIC UTILITY INDUSTRY**

**TO LEARN MORE PLEASE VISIT: [WWW.IMEA.COM / ASSOCIATE MEMBERS](http://WWW.IMEA.COM/ASSOCIATE_MEMBERS)**



Utility Supply and Construction

C O M P A N Y

Visit us on the web  
at: [www.uscco.com](http://www.uscco.com)



## YOUR FULL LINE UTILITY DISTRIBUTOR

- T & D Construction Material Supply
- Rubber Goods Testing & Certification
- Tool Sales and Repair
- Technical Sales & Service
- Inventory Management and Barcoding

*Emergency Service 24 Hours a Day*

*800-832-2297*

**Mike Coomes**

Senior Regional Sales Manager

(317) 281-5561

**Jim Garbison**

Technical Solutions Consultant

(317) 476-1657

**Mark Nuce**

Account Manager

Northern Indiana/NW Ohio

(317) 417-7325

**Brad Means**

Technical Solutions Consultant

(231) 872-5419

**Jeff Carls**

Account Manager

(319) 660-9893

**Cole Miller**

Technical Solution Consultant

(317) 734-7357

# WHY YOU SHOULD CHOOSE IMEA LINEMAN TRAINING INSTITUTE

- Better Student-to-Instructor Ratio at 10:1 versus larger schools
- Each lineman instructor has at least 20+ years of experience
- Diverse instructor staff. Many of our linemen have not only over 30 years' experience but are well versed in substation, overhead distribution, underground utility construction, and transmission.
- Our instructors are patient, knowledgeable, constructive, and collaborative with students-not adversarial.
- In-house FULL CDL training and testing facilities. This cannot be emphasized enough as obtaining a CDL is critical to job placement, and IMEA makes obtaining a CDL very easy and affordable versus other programs. MOST schools will help you only obtain the permit versus earning the entire CDL. We do ALL of the training and TESTING in-house, on-site.
- Job placement services and career planning services.
- IMEA is a Non-Profit Organization, unlike other schools so we can provide the same training at a significantly lower cost.
- On-site lodging.



INDIANA MUNICIPAL  
ELECTRIC ASSOCIATION

# LINEMAN TRAINING INSTITUTE

*Indiana Municipal Electric  
Association  
Lineman Training Institute  
Saint Joseph College Campus  
1027 S. College Ave.  
Rensselaer, IN. 47978  
Contact Us  
765.366.5506  
IMEA Executive Director  
Duane Richardson  
Email: Duane@imea.com*

*Enrollment packages  
available. Please visit:  
[www.imea.com](http://www.imea.com) / [lineman  
training institute](http://lineman<br/>training.institute)*

2026 Title Sponsor of IMEA  
Lineman Training Institute

**Milwaukee®**

Nothing but **HEAVY DUTY®**

## OUR PROFESSIONAL SERVICES



### Personal Protection Equipment and Procedures

Students will learn about safety working procedures and personal protection equipment.



### Electrical Systems

Students will learn the basics of the entire electrical system from generation through transmission, distribution, and conversion.



### Basic Electricity

The students will be taught the fundamentals of practical and mathematical application of Direct Current and Alternating Current.



### Transformers

Students will learn how and why transformers are used, banked, energized and the various configurations of both Delta and Wye.



### Personal Protective Grounding

Students will learn how and why companies work on transmission and distribution lines as well as all equipment and methods used when working.



### Rigging And Knot Tying

Students will learn how to tie specific knots, splice rope and learn the proper use of various ropes, slings, block and tackle.

## Why Us?

### Are You Ready To Begin Your Career Ahead Of Your Competitors?

Our lineman school program will allow you to begin your career ahead of all the rest. Our students have experience performing the jobs of a lineworker, as well as obtaining professional knowledge of the industry while they proceed through our program. Our students are well equipped to stand out from the interview to the actual job. Our program will provide an outlet for electric companies to search for new qualified applicants.

Our students will be able to enter the industry with the technical skills that their employers can't pass up!

Do you want to learn from Experienced and Knowledgeable Linemen?

The lineman school instructors at IMEA Lineman Training Institute have extensive real-world experience in power generation, transmission and distribution. Their exceptional understanding of the industry and what companies are looking for makes our program a cut above other school. Our students will have hands-on experience in the trade and be coached in problem-solving skills in order to help them excel in their work.

Do you want to be able to graduate and have the opportunities for immediate positions anywhere? Then this trade is the right career for you. IMEA Lineman Training Institute provides its lineman school graduates with a listing of municipalities that will be useful in your search. Our instructor's connections with the leaders of the trade will also give the students of IMEA Lineman Training Institute the upper hand at finding a career. Our students will be trained, not only to look for the job, but to find jobs. A career planning class is required to help our students create a resume and learn to find their own jobs.

So is it what you're looking for?



### Indiana Municipal Electric Association IMEA Lineman Training Institute

Duane Richardson  
765.366.5506

Mailing Address  
176 West Logan St. #225  
Noblesville, IN. 46060

Our Location  
1027 S. College Ave.  
Rensselaer, IN. 47978