Fall Protection Work Plan

Fall Protection is required at 4 feet; however, a written plan is required at or above 10 feet

|  |  |
| --- | --- |
| Department  | Site Location  |
| Job Task  |
| Job Location/Description  |

|  |  |
| --- | --- |
| Plan prepared by  | Date Click to enter date  |

* **Workers must review and sign this Fall Protection Work Plan prior to starting work. Workers must understand this plan and be trained in fall protection and the systems and equipment that will be used.**
* **This Fall Protection Work Plan must be posted at the worksite for the duration of work activities.**

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| **1. Identify potential fall hazards (check all that apply)** |
|[ ]  Mobile elevating work platforms |[ ]  Stairways |
|[ ]  Excavations/trenches |[ ]  Roof steep slope (greater than 4:12) |
|[ ]  Floor openings |[ ]  Roof low slope (4:12 or less) |
|[ ]  Wall openings |[ ]  Swing fall |
|[ ]  Skylight openings |[ ]  Hazardous process/equipment |
|[ ]  Roof openings |[ ]  Debris/objects falling to lower level |
|[ ]  Elevator shaft |[ ]  Sharp edges |
|[ ]  Ladders (fixed or portable) |[ ]  Reinforcing steel installation |
|[ ]  Scaffold |[ ]  Other:  |
| **2. Describe the fall hazard(s) details** |
|   |
| **3. Identify fall protection systems to be used** |
|[ ]  Guardrail system |[ ]  Aerial lift |
|[ ]  Covers (holes and openings) |[ ]  Horizontal lifeline |
|[ ]  Appropriate anchors for systems used |[ ]  Vertical lifeline and rope grab |
|[ ]  Personal fall arrest system |[ ]  Warning line |
|[ ]  Personal fall restraint system |[ ]  Safety monitor Name:  |
|[ ]  Positioning device system |[ ]  Safety watch Name:  |
|[ ]  Scaffold with guardrail |[ ]  Other:  |
|[ ]  Scissor lift |[ ]  Other:  |
| **4. Describe procedures for assembly, maintenance, inspection, disassembly of fall protection system to be used** |
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| **5. Describe procedures for handling, storage, securing tools and materials** |
|   |
| **6. Identify methods of overhead protection for workers who may be in, or pass through the area below worksite** |
|[ ]  Barricading |[ ]  Toeboards/screens on scaffolds |
|[ ]  Hard hats required |[ ]  Toeboards/covers on floor openings |
|[ ]  Catch net |[ ]  Screens on guardrails |
|[ ]  Warning signs |[ ]  Secure large tools |
|[ ]  Tool belts |[ ]  Other:  |
|[ ]  Tool lanyards |[ ]  Other:  |
| **7. Identify method for prompt, safe removal of injured workers CALL 9-1-1 IF FALL OCCURS** |
|[ ]  Written agreement with:   |[ ]  Self-rescue  |
|[ ]  Site first aid  |[ ]  Other employees  |
|[ ]  Elevator/stairs  |[ ]  Other:  |
| **8. Identify method used to determine adequacy of anchorage points** |
|[ ]  Evaluation by professional engineer |[ ]  Existing engineering/design documents |
|[ ]  Manufacturer’s data |[ ]  Other:  |
| **9. Describe and identify locations of anchorage points** |
|   |
| **10. Select system components** |
|[ ]  Full body harness |[ ]  Choker |
|[ ]  Vertical lifeline |[ ]  Carabiner  |
|[ ]  Horizontal lifeline |[ ]  Rope grab  |
|[ ]  Lanyard  |[ ]  Personal shock absorber |
|[ ]  Boatswains chair |[ ]  Beamer |
|[ ]  Connecting devices (identify)  |[ ]  Anchorage points (identify)  |
|[ ]  Other:  |[ ]  Other:  |
| **11. Distance from anchor to ground, lower level or obstruction (see page 4 chart)** |
|   |
| **12. Calculated minimum fall clearance (see page 4 chart)** |
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| **13. Inspection Checklist** |
|[ ]  Identification Tags |
|[ ]  Horizontal Lifeline Tension is Correct |
|[ ]  Integrity of stitching in Shock Absorber |
|[ ]  Integrity of stitching in Harness/ Lanyard |
|[ ]  Manufacturers assembly/ disassembly instructions |
|[ ]  Locking capability of retractable lanyards assured |
|[ ]  Locking capability of carabiners assured |
|[ ]  Locking capability of snap hooks assured |
|[ ]  Knots and other connection methods do not weaken lifeline |
|[ ]  Lifelines installed and protected from cuts or abrasions |
|[ ]  Rope (wear, fraying, damage, mildew) |
|[ ]  Lanyards (wear, fraying, damage, mildew) |
|[ ]  D-rings have adequate strength, are not cracked or deformed |
|[ ]  Guardrails are sound and of adequate strength |
|[ ]  Devices that are used to connect to horizontal lifelines lock in both directions |
|[ ]  Anchorage points provide adequate strength and are capable of meeting requirements |
|[ ]  Warning line meets strength and other requirements |
|[ ]  Safety Monitor is Competent Person, can see workers, is close enough to communicate, has no other duties |
|[ ]  Safety Watch is Competent Person, can see worker, is close enough to communicate, has no other duties |
|[ ]  Hole covers are secured, marked and capable of withstanding anticipated weight loads |
|[ ]  Other  |
|[ ]  Other  |
| **14. Employee(s) trained to work under this plan** |
| **Name (print)** | **Signature** | **Date** |
|   |  | Click to enter date |
|   |  | Click to enter date |
|   |  | Click to enter date |
|   |  | Click to enter date |
|   |  | Click to enter date |
|   |  | Click to enter date |
|   |  | Click to enter date |
| **Name/title of Competent Person who provided training under this plan** |
| **15. Work plan approval(s)** |
| **Name of lead worker or supervisor** | **Signature** | **Date** |
|   |  | Click to enter date |
| **Name of Competent Person (If engineered system: Name of Qualified Person)** |
|   |  | Click to enter date |
| **If administrative controls: Name of department manager** |
|   |  | Click to enter date |

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Fall clearance is the minimum vertical distance needed between the anchor point and a lower level (this can be the ground or lower obstruction) with a safety factor to prevent the worker from hitting the lower level in a fall.

 **What is the distance from the anchor point to the ground or lower level where a worker would fall?**

**If a worker falls, when wearing a fall protection system, what is the minimum fall clearance from the anchor point to the worker’s feet including a 3 ft. safety factor?**  **(Calculate as shown below.)**

The calculated minimum fall clearance of a specific fall protection system may **never**be equal or greater than the distance between the anchor point and the lower level.

|  |  |
| --- | --- |
| **Description** | **Distance (ft.)** |
| Lanyard length or free fall distance for self-retracting lifeline |   |
| Maximum allowable deceleration distance | 3 ½ ft. |
| Workers height |   |
| Other component if applies |   |
| Safety factor | 3 |
| **Minimum fall clearance** (sum of above) |   |

**Calculating Fall Clearance using a Shock-Absorbing Lanyard**

*NOTE: Should the shock-absorbing lanyard be used in conjunction with a cross-arm anchorage connector or other, the additional length of the anchorage connector must be taken into consideration.*

Example:

* First, add the length of the shock-absorbing lanyard (6 ft.) to the maximum elongation of the shock absorber during deceleration (3 ½ ft.) to the average height of a worker (6 ft.)
* Then, add a safety factor of 3 ft. to allow for the possibility of an improperly fit harness, a taller than average worker and/or a miscalculation of distance.
* The total, 18 ½ ft. is the suggested safe fall clearance distance for this example.



*NOTE: When using a retractable lifeline, the distance is calculated from the point where the retractable attaches to the back D-ring of the worker’s harness.*

**Calculating** **Fall Clearance using a Self-Retracting Lifeline**

Example:

* First, add the maximum free fall distance (2 ft.) with a retractable lifeline to the maximum deceleration distance (3 ½ ft.) to the average height of a worker (6 ft.)
* Then, add a safety factor of 3 ft. to allow for the possibility of an improperly fit harness, a taller than average worker and/or a miscalculation of distance.
* The total, 14 ½ ft. is the suggested safe fall clearance distance for this example.

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