

# Fall Protection Work Plan

## Fall Hazard Identification and Protection Selection Worksheet

### 1. FILL OUT THE SPECIFIC JOB INFORMATION.

Job Specific Address: \_\_\_\_\_

Date: \_\_\_\_\_

Job Foreman and/or First Aid Trained Person: \_\_\_\_\_

Jobsite Phone: \_\_\_\_\_

On the table below, identify each fall hazard of 10 feet or more that exists or will exist during this construction project and then select the protection method from the options identified below the table.

✓	Hazard Type	General Location(s)	Fall Protection Method	Overhead Protection Method
	Working on a ladder or Roof > 4/12 Pitch or a Roof < 4/12 Pitch where a 10' fall is possible.	Roof	Safety Harness with Vertical life line connected to anchor attached to roof or wall	Hardhats if workers above
	Skylight Openings Roof or Floor Openings with any potential for falls	Roof	Cover with material able to support twice weight of worker	Hardhats if workers above
	Stairways		Handrails after 4 Steps	
	Working on a walking/working surface with 4' Fall Exposure	Exterior of Building	Guard Rails 39-45" with a midrail and toeboard	Hardhats if workers above
	Window Openings Open-sided Floors	Exterior of Building	Guard Rails 39-45" with a midrail and toeboard	Hardhats if workers above
	Decks, Balconies with 4' Fall Exposure		Guard Rails 39-45" with a midrail and toeboard	Hardhats if workers above
	Trenches		Warning Lines	Hardhats, if overhead hazards
	Other:			

**Overhead Hazard Protection Methods:** For each overhead hazard identified, specify the method(s) of protection for workers below. Refer to the "Overhead Protection" Section of this plan for any special installation instructions.

Hard Hats Required

Employee Training: Employees have been trained for this Fall Protection Work Plan.

Overhead Hazard Signs

Toe Boards on Guardrails

EMERGENCIES- DIAL 911, ASK FOR LOCATION OF NEAREST HOSPITAL

If a crew member is injured at elevation, the supervisor will evaluate the employee's condition and administer first aid. Emergency services will be called as needed. If an injured employee can't return to ground level, the employee will be brought down to a lower level by emergency services. The following equipment is available on site to facilitate lowering the injured worker: *Extra Ropes, Ladders, and Equipment*

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# Fall Protection Work Plan

## **Fall Protection System Assembly and Maintenance**

Fall protection systems will be assembled and maintained according to manufacturer's instructions when using a manufactured system. A copy of those instructions is available on-site for reference. Any fall protection system used will meet WISHA regulations as contained in WAC 296-155 Part C-1. Assembly and maintenance instructions unique to this worksite such as components, placement of systems, anchor points, areas where systems are particularly subject to damage, etc., are specified below.

### **Standard Guardrails must:**

- be 39" to 45" above the work surface at top rail with midrail and toe board.
- be able to withstand 200 pounds of pressure on the top rail in any direction.
- not have significant deflection.
- be inspected regularly for damaged or missing components.

*Note: A guardrail does not protect a person standing on a ladder, box, or other surface above the work surface.*

Post Material: \_\_\_\_\_

Rail Material: \_\_\_\_\_

Post Spacing (8' max): \_\_\_\_\_

Anchor Method: \_\_\_\_\_

Other Instructions: \_\_\_\_\_

### **Fall Arrest Harness:**

- Must have anchor points capable of withstanding a 5000 pound shock unless a deceleration device in use limits fall to 2 feet, in which case a 3000 pound anchor point may be used.
- Free fall may not exceed 6'.
- A lower level may not be contacted during a fall.
- Lifelines must be placed or protected to prevent abrasion damage.
- Snap hooks may not be connected to each other, or to loops in webbing.
- Inspect components for deformation, wear, and mildew.

System Component List: \_\_\_\_\_

Anchor Point at this worksite: \_\_\_\_\_

### **Covers or Hatches must:**

- Be able to support twice the weight of employees and equipment that would be on it at the same time or twice the maximum axle load of the largest vehicle that would cross it.
- Be secured to prevent accidental displacement.
- Be marked with the word "Cover" or "Hole".

Material to use: \_\_\_\_\_

### **Scissor Lifts and Boom Lifts and Scaffolds:**

- Guardrails with midrails and toeboards may be used as fall protection up to 10' on Scaffolding.
- Personal fall arrest systems will be used on heights taller than 10'.
- Fall arrest harnesses with lanyards must be used on Scissor and Boom Lifts at the manufacturer's attachment point or at the boom or platform if manufacturer does not specify an attachment point.