

SITE SPECIFIC FALL PROTECTION WORK PLAN

1. FILL OUT THE SPECIFIC JOB INFORMATION.

Job Specific Address: _____

Date: _____

Competent Person 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 any non-walking working surface over 10' or doing leading edge or roofing work.	Roofs, Upper stories, Openings	Personal Fall Arrest Harness with deceleration device, life line, attached to a 5000 lb anchor.	Hardhat

OVERHEAD HAZARD PROTECTION METHODS - For each overhead hazard identified, specify the method(s) of protection for workers below, select: Hart Hats Required, Overhead Hazard Signs with limited entry and require Toe Boards on Guardrails.

EMERGENCIES - DIAL 911

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 or self rescue, the employee will be brought down to a lower level by emergency services. A trained employee will place a ladder next to the injured employee and release the pressure off the injured employee's legs (but leaving straps fastened), while awaiting EMS.

The following equipment is available on site to facilitate lowering the injured worker: *Extra Ropes, Ladders, and PFA Equipment*

TRAINING - Employees have been trained for this Fall Protection Work Plan by: _____
(Competent Person designated by Employer)

Have Employees Sign and Date Below:

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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. A competent person will design the fall protection for the workers on the jobsite.

Standard Guardrails must:

- be 39" to 45" above the work surface at top rail, 1x6 midrail, and toe board that is 4" and not more than 1/4" off the surface.
- 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 guard rail effective distance.

Post Material: _____

Rail Material: _____

Post Spacing (8' max): _____

Anchor Method: _____

Other Instructions: _____

Fall Arrest Harness Systems:

- 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', but must be rigged in such a way the worker will not contact a lower surface if they fell.
- Lifelines must be placed or protected to prevent abrasion damage.
- Snap hooks must be double action and may not be connected to each other, or to loops in webbing.
- Inspect components for deformation, wear, abrasion and mildew before using. Remove from service if there is any damage to any part of the system.

System Component List: _____

Anchor Point at this worksite: _____

Covers or Hatches must:

- Must be capable of supporting the maximum potential load but never less than 200 pounds (with a safety factor of 4) 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: _____

Boom Lifts and Scaffolds:

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