



FALL PROTECTION

Scope and Applicability Statement

This document provides general safety procedures and regulatory guidance for employers and workers in accordance with U.S. Occupational Safety and Health Administration (OSHA) standards under 29 CFR 1910 and 29 CFR 1926. These procedures apply to all workplaces where they are implemented as part of a comprehensive safety program.

Customization and Compliance Statement

Employers are responsible for ensuring compliance with all applicable local, state, and federal safety regulations. Workers must adhere to established safety protocols to prevent workplace injuries and illnesses.



Purpose

The purpose of this program is to provide fall protection procedures to prevent injuries while performing work assignments at elevated levels.

Scope

This policy applies to all employees working at heights exceeding 6 feet where guardrails, nets, or other passive fall protection systems are not in place. Guardrails, safety nets, or personal fall arrest systems must be used where feasible.

Definitions

- Anchorage: A secure point of attachment for lifelines, lanyards, or deceleration devices.
- Body Harness: A device worn to distribute fall arrest forces over the thighs, pelvis, waist, chest, and shoulders.
- Connector: A device used to couple components of a personal fall arrest system.
- Deceleration Device: A mechanism that dissipates energy during a fall to reduce impact forces.
- Guardrail System: A barrier erected to prevent workers from falling to lower levels.
- Lanyard: A flexible line used to connect a body harness to a lifeline or anchorage.
- Lifeline: A flexible line used as part of a fall protection system to connect a worker to an anchorage.
- Personal Fall Arrest System: A system designed to stop a worker in the event of a fall, including an anchorage, body harness, lanyard, and connectors.
- Self-Retracting Lifeline: A device that automatically arrests a fall by locking onto a cable or webbing.
- Unprotected Sides and Edges: Any side or edge of a walking/working surface that lacks a guardrail or equivalent protection.

Responsibilities

Operations Manager:

- Implement and oversee the Fall Protection Program.



- Conduct observational safety checks to enforce fall protection policies.
- Ensure all jobs requiring fall protection are pre-planned.

Supervisors:

- Ensure workers exposed to falls over 6 feet use appropriate fall protection.
- Provide emergency rescue planning.
- Verify that fall protection equipment is available and in safe working condition.
- Conduct training on equipment use, limitations, inspections, and rescue procedures.

Employees:

- Properly use fall protection equipment as required.
- Understand the hazards of working at elevated levels.
- Conduct pre-work planning with supervisors to ensure safety measures are in place.
- Inspect fall protection equipment before each use and report any defects immediately.

Procedures

General Requirements

- Fall protection must be used when working at heights above 6 feet where guardrails or nets are not in place.
- Workers near excavation edges must use fall protection as necessary.
- Guardrails, safety nets, or personal fall arrest systems must be used when passive fall protection is not feasible.

Industry and Regulatory Standards

- Fall protection equipment must meet ANSI Z359.1 and OSHA 29 CFR 1926.501 requirements.
- Personal fall arrest systems must have components with a minimum breaking strength of 5,000 lbs.
- Snap hooks must be self-locking and capable of sustaining at least 3,600 lbs of force.



- Lanyards and lifelines must be free of defects and have a minimum breaking strength of 5,000 lbs.

Stopping a Fall

- Fall arrest systems must limit free fall to 6 feet or less.
- The system must bring a worker to a complete stop within 3.5 feet of deceleration distance.
- Anchor points must be capable of supporting at least 5,000 lbs per attached worker.

Protection from Falling Objects

- Barricades must be used in areas where tools, materials, or equipment could fall from elevated work zones.
- Workers at elevated levels must secure tools and materials to prevent accidental drops.

Open Holes and Guardrails

- Walking/working surfaces must be protected with covers or guardrails around holes.
- Covers must be clearly labeled and capable of supporting at least twice the intended load.

Ladders and Portable Work Surfaces

- Workers must maintain three-point contact while climbing ladders.
- Tools must be transported via mechanical carriers or tool belts.
- Fall protection must be used when working from ladders at heights over 6 feet.
- Straight ladders must be secured to prevent movement.

Inspection and Storage

- Fall protection equipment must be inspected before each use for wear or damage.
- A dedicated storage area must be used to keep equipment clean, dry, and free from oils, chemicals, and excessive heat.

Elevated Personnel Platforms



- Workers in aerial lifts, scissor lifts, or forklifts with personnel platforms must wear a full-body harness secured to the platform.
- Fall protection equipment must be properly anchored at all times.

Rescue Planning

- Employers must provide a plan for prompt rescue in the event of a fall.
- Workers must be trained on self-rescue techniques and emergency retrieval systems.

Fall Protection Plan (Alternative to Conventional Systems)

- If guardrails, nets, or personal fall arrest systems are infeasible, a Fall Protection Plan must be developed.
- The plan must document why conventional systems cannot be used and identify controlled access zones.
- Control lines must be established at a minimum of 6 feet from the unprotected edge.
- Only authorized personnel may enter controlled access zones.

Safety Monitoring Systems

- If other fall protection measures are infeasible, a competent person must be assigned to monitor worker safety.
- The monitor must be on the same working surface and within visual and verbal contact with workers.
- The monitor must not have additional responsibilities that interfere with monitoring duties.

Incident Investigation

- All fall-related incidents must be investigated to determine root causes.
- Corrective actions and training updates must be implemented based on findings.

Training Requirements

- Workers exposed to fall hazards must receive training on fall protection systems, proper use, inspections, and rescue procedures.



- Retraining is required when deficiencies in fall protection use are observed or when workplace conditions change.
- Training records must be documented and maintained.