

Fall Protection Jobsite Checklist

Jobsite: _____ Date: _____

Foreman: _____ Number in Crew: _____

SCAFFOLDS

- Scaffold poles, legs, posts frames and uprights must sit on base plates or other firm foundation.
- Scaffold with a height to base ratio of more than 3 to 1 are guyed, tied or braced to structure.
- Cross and diagonal bracing is correctly assembled and securely attached. Pins are properly inserted.
- Guardrails must be 42 inches in height and 2 X 4 wood or 1-inch steel tubing.
- Platform planks must be 2 X10 or wider and must overlap ledges at each end by 6 inches and no more than 18 inches.
- An access ladder tied to the outside or equivalent safe access must be provided. The ladder must extend to the ground with rung spacing of 12 inches.
- No scaffold will be erected, moved or dismantled or altered except under the supervision of a qualified person.
- Scaffolds must be inspected prior to each workday.

ROLLING SCAFFOLDS

- Minimum dimensions of any base of any free-standing tower or rolling scaffold shall not be less than 1/3 its height unless the scaffold is securely guyed or tied.
- Wheels or casters must have a locking device. The device must be kept locked when workers are climbing or working on scaffold.
- Two of four casters shall be swivel-type.
- When moving rolling scaffold:
 - Survey area for holes, changes in grade and overhead obstructions.
 - Remove or secure equipment and materials on platform.

LADDER JACKS

- Ladder jacks shall not be used when the platform is over 16 feet above the ground.
- Platform must be a minimum of 14 inches wide. Platform must be a structurally engineered plank with ID tag attached. Must overlap by a minimum of 6 inches and no more than 12 inches.

- ❑ Fall protection (body harness, lanyard rope grab and lifeline) must be provided when working above 7 1/2 feet.
- ❑ An independently anchored lifeline shall be provided and used by each employee.

FALL PROTECTION EQUIPMENT

- ❑ Inspect body harness, lifeline, lanyard, connector and rope grab prior to each use.
- ❑ Select suitable anchorage point.
- ❑ Lifeline must be secured to a connector strap. Do not wrap lifeline or lanyards around anchor points.
- ❑ Identify obstructions in fall path. Calculate fall distance.
- ❑ Evaluate potential for swing fall.

LADDERS

- ❑ Inspect all ladders prior to use.
- ❑ Ladders must be placed on base plates or secure footing. Ladders must be tied to avoid tipping.
- ❑ Do not use defective ladders. Tag it out for repair.
- ❑ Do not climb higher than the third rung from the top on extension ladders or the second tread from the top on stepladders.
- ❑ Be sure that stepladders are fully open and the dividers locked before climbing.
- ❑ When practical, lash or fasten the ladder when accessing high places. Extend the ladder at least 3 feet above the landing.
- ❑ Be sure ladder is on secure footing. Never place a ladder in front of a closed door unless the door is bolted/locked.
- ❑ Be aware of overhead hazards such as electrical connections/wires.
- ❑ Do not leave ladders unattended against walls.

BUCKET TRUCKS/SCISSORS LIFTS

- ❑ Employees who operate bucket trucks/scissors lifts must be trained in the safe operation of these machines. No fall protection is required when operating a scissors lift as long as the guardrails are not less than 39 inches in height.
- ❑ Workers who perform tasks while operating bucket trucks/aerial devices must be secured in the basket using a body harness with a 6-foot shock-absorbing lanyard.
- ❑ When operating bucket trucks/scissors lifts, employees must survey the area for holes, changes in grade and overhead obstructions.

RESCUE PROCEDURES

- ❑ Identify equipment available on the jobsite to be used for rescue in the event of a fall. (ladders, forklift, bucket trucks, rolling scaffolds, etc.)
- ❑ Be sure all workers know the location of emergency numbers.
- ❑ Discuss responsibilities of all workers for rescue or assistance should a fall occur.