Company Name

Fall Protection Program

Policy:

It is the policy of *Company Name* to provide fall protection for employees exposed to fall hazards greater than 7 ½ feet. Fall hazards include but, are not limited to; work at the perimeter of a structure, unprotected sides, leading edges, through shaftways and openings, sloped roof surfaces steeper than 7:12, or other sloped surfaces steeper than 40 Degrees.

Employees of *Company Name* who may be exposed to fall hazards will be trained to identify specific fall hazards, fall protection equipment, fall protection systems, inspection, maintenance, the proper donning and fitting of fall protection equipment and rescue procedures.

Definitions:

A. Anchor Point: A point of attachment for anchor slings, lanyards or deceleration devices. The anchor point for fall restraint systems must support four times the intended load plus tools and clothing. The anchor point for fall arrest systems must support 5,000 lb.

B. Body Harness: A lightweight, adjustable, snug-fitting, full body harness made of nylon or polyester webbing with front and back D-rings. Straps must be secured in such a manner that fall arrest forces are distributed over the large bones and muscles of the body. Employees are to only wear body harnesses approved by *Company Name* that meet ANSI A-10.14 and/or Z359.1 Standards.

C. Competent Person:
One who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has the authorization to take prompt, corrective measures to eliminate them. (CCR, Title 8, Construction Safety Orders)

D. Connector: A device used to couple (connect) components of a personal fall restraint or personal fall arrest system. Connectors may include an anchor sling or carabiner.

E. Cover: A material of adequate size and strength (i.e., plywood/grating) placed securely over a hole or opening in the work area to prevent a worker from falling through.

F. Deceleration Device:

A "rip-stitch" lanyard, rope grab or self-retracting lifeline that limits the maximum deceleration distance to 3.5 feet when used in conjunction with a personal fall arrest system.

G. Energy Shock Absorber:

A device that is designed to limit the impact load forces on the body during a free-fall. Maximum arresting forces under CCR, Title 8, Construction Safety Orders are 900 lb.

H. Fall Protection Plan:

When the use of conventional fall protection is impractical or creates a greater hazard, the employer will instruct a qualified person to write a fall protection plan.

I. Free-Fall Distance:

The vertical displacement of the fall arrest attachment point on the worker's full-body harness between onset of the fall and prior to the system applying force to arrest the fall. Maximum free-fall distance is 6 feet.

J. Guardrail: A top rail located 42 inches above the floor, and a mid-rail. Screens and mesh may be used to replace the mid-rail so long as they extend from the top rail to the floor.

K. Horizontal Lifeline:

The horizontal lifeline is designed to support an employee working in the horizontal plane. Anchorage's must be considerably stronger than those used in the vertical. Horizontal lifelines are typically located overhead to limit fall distance. Horizontal lifelines must be designed, installed and used under the supervision of a qualified person.

L. Lanyard: A flexible line of rope, wire rope, or web strap which generally has a snap hook at both ends for connecting a full-body harness to a deceleration device and/or anchorage.

M. Personal Fall Restraint System:

This system restrains the worker from falling off the leading edge of a structure. Either a full-body harness or a waist belt can be used for fall restraint. A positioning belt with side D-rings is not designed for fall restraint. Cal-OSHA requires the anchorage for fall restraint to support 4 times the intended load plus tools and clothing.

N. Personal Fall Arrest System:

A full-body harness, lanyard, lifeline, connector and an anchorage point capable of supporting at least 5,000 lb.

O. Positioning Device System:

A full-body harness rigged to allow a worker to work on a vertical surface, such as a wall, with both hands free. A positioning system must be used only for the positioning assistance for which it was designed. CCR, Title 8, Construction Safety Orders states that a positioning system shall be rigged such that an employee cannot free-fall more than 2 feet.

P. Qualified Person:

A person designated by the employer who by reason of training, experience, or instruction has demonstrated the ability to safely perform all assigned duties and, when required, is properly licensed in accordance with federal, state and local laws and regulations. (CCR, Title 8, Construction Safety Orders)

Q. Safety Monitor System:

This system allows a worker to perform tasks on elevated surfaces and at leading edges without the use of conventional fall protection systems.
The Safety Monitor must be trained to identify potential fall hazards, and must be in verbal and visual communication with the worker performing the leading edge work.

In addition, the Safety Monitor can have no other responsibilities during the time that the worker is performing the leading edge work.

R. Safety Net System:

A mesh material of adequate size and strength positioned in such a manner as to break workers' fall without injury. Under CCR, Title 8, Construction Safety Orders, a competent person must install safety nets.

S. Snaphook: A connector comprised of a hook-shaped member with normally closed keeper, or similar arrangement, which may be opened to permit the hook to receive an object and, when released. automatically closes to retain the object. The use of a non-locking snap hook is prohibited.

T. Walking/Working Surface:

Any surface, whether horizontal or vertical, on which a worker walks or performs designated tasks. This may include but is not limited to floors, roofs, ramps, tanks, platforms or scaffolds.

U. Warning Line System:

A barrier (lines/ropes/barricades/warning tape) erected on a roof or structure to warn workers that they are approaching a leading edge or unprotected side or edge.

Training:

A. *All Company Name* employees will receive initial "End User" fall protection training prior to performing any tasks where fall hazards are identified. Refresher or follow-up training will be conducted when new procedures or equipment are introduced into the workplace. A competent person designated by *Company Name* will conduct training.

B. Fall protection training will include:

1. The nature of fall hazards in the workplace.

2. The correct procedures for the selection, use, care and inspection of personal fall protection equipment.
3. Identifying fall hazards and selecting the proper personal fall restraint, personal fall arrest or positioning system.
4. Cal - OSHA regulations that govern the limitations of fall protection systems.
5. *Company Name* Fall Protection Policies and Procedures.
6. Rescue procedures.

Approved Equipment

A. *Company Name* employees may only use personal fall protection systems and equipment approved by *Company Name*

Equipment Inspections:

A. *Company Name* employees are instructed to inspect personal fall protection systems prior to each use. These inspections must follow the manufacturer's guidelines for determining wear, damage and other deterioration. Defective components must be removed from service and tagged as being unusable.
B. A competent person must inspect all personal fall arrest systems not less than twice annually in accordance with the manufacturer's recommendations. The date of each inspection must be documented.

Note: Use "Fall Protection Equipment Inspection Form"

Fall Protection Procedures:

A. *Company Name* requires employees to assess each job for potential fall hazards. Appropriate personal fall arrest, personal fall restraint or positioning systems will be used when elimination of hazards is not possible.

When the use of conventional fall protection systems is not feasible or creates a greater hazard, a qualified person will develop a written Fall Protection Plan.

B. Fall Protection:

1. Prior to commencing work where any employee assigned the work shall insure that adequate fall protection has been provided for.
   Employees must use either personal fall restraint, positioning device or fall arrest systems when working at leading edges, shaftways, openings, sloped roofs or slopes in excess of 40 Degrees.

C. Elevated Work Platform (Scissors Lift)

1. If the guardrails on scissors lifts or other elevated work platforms are between 39 and 42 inches in height, no fall protection is required. Employees are not permitted to stand on the side rails or use planks/ladders to gain greater working height.

D. Aerial Devices: (Bucket Truck/JLG/Boom Truck)

1. Employees are required to wear a full-body harness with a 6-foot shock-absorbing lanyard when working from aerial devices. Body/positioning belts are not permitted.

E. Fixed Ladders:

1. When accessing structures via fixed/stationary ladders, employees must be protected by a cage or ladder-climbing system if the fixed ladder is over 20 feet in height. If no cage or ladder climbing system exists, a self-retracting lifeline can be substituted for fall protection.

F. Extension Ladders:

1. Ladders must be inspected prior to use. If the ladder is defective, it must be tagged and removed from service. Employees accessing high places using extension ladders must place the ladder on firm footing.

   Extension ladders must extend 3 feet past the landing and when practical, tied off to the structure. Employees must maintain three-point contact when climbing extension ladders. For each 4 feet in height, extension ladders should be placed in such a manner that the slope is no greater than one foot from the structure.

G. Step Ladders:

1. Ladders must be inspected prior to use. Review the manufacturers' requirements for use of steps, load capacities, and that dividers are open and locked.

H. Skylights

An employee approaching within 6 feet of any skylight will be protected from falling through the skylight or skylight opening by any one of the following methods:

- Skylight screens installed above the skylight.
- Guardrails.
- A personal fall protection system.

I. Rescue:

1. Prior to conducting any work where employees are required to use a personal fall arrest system, a rescue plan must be discussed. The plan must include procedures for assisting a worker who has fallen and is unable to rescue him/herself. Employees must identify equipment at the job site such as ladders, scissorslift, bucket trucks, etc. that could be used to help an employee perform a self-rescue. If self-rescue is not possible, call 911.

Responsibilities:

A. Supervisor:

1. Ensure that all workers are properly trained and provided with required fall protection equipment for assigned tasks where fall hazards have been identified.
2. Ensure that workers use fall protection equipment.

B. Individual Employee/Competent Person:

1. Attend required fall protection training when scheduled by *Company Name*

2. Evaluate job site fall hazards and select the correct personal fall protection system.
3. Inspect all fall protection equipment prior to each use.
4. Conduct twice annual and document same inspections on all fall protection equipment.

C. Qualified Person:

1. Prepares site-specific fall protection plans when it has been determined that the use of conventional fall protection systems are impractical or create a greater hazard.
2. Designs and certifies the use of horizontal lifelines for fall arrest, including anchorage requirements.

Regulation:

The *Company Name* Fall Protection Program is based on California Code of Regulations, Title 8, General Industry and Construction Safety Orders