



Fall Protection Program

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Overview

It our policy to take all practical measures possible to prevent employees from being injured by falls from heights. We will take necessary steps to eliminate, prevent, and control fall hazards. First consideration will be given to the elimination of fall hazards.

If a fall hazard cannot be eliminated, effective fall protection will be planned, implemented, and monitored to control the risks of injury due to falling. All personnel exposed to potential falls from heights will be trained to minimize the exposures. Fall protection equipment will be provided and its use required by all employees.

Fall Protection Is Required

Fall protection is required when working where there is a hazard of falling more than 6 feet (construction activity) 4 feet (all other) from the perimeter of a structure, unprotected sides and edges, leading edges, through shaft ways and openings, sloped roof surfaces steeper than 7:12, or other sloped surfaces steeper than 40 degrees not otherwise adequately protected and boom lifts.

Fall Protection Types

One of the following types of fall protection systems will be used wherever the potential to fall 4' or more when not construction related and more than 6' (feet) when construction related:

- Eliminate the fall hazard
- Standard guardrails, cables, or floor hole covers
- Personal fall arrest system
- Positioning devices
- Fall restraint systems

Types of Fall Protection Systems

Listed below are the different types of fall protection systems:

- Articulating man lift provided with a restraint system and body harness attached to an anchor point below the waist (preferably at the floor level)
- Guard rail with a mid-rail, toe board and top rail
- Personal fall arrest systems
 - Anchor points (rated at 5000 lbs. per person)
 - Body harness
 - Connectors/Carabineers (self-locking snap hooks)
 - Energy (shock) absorber
 - Restraint line, lanyard, or retractable lanyard
 - Rope grabs
- Engineered lifelines
- Safety monitoring systems
- Warning lines

NOTE: The appropriate fall protection will be determined by the job to be performed.

Standard Guardrails, Safety Cables, or Covers

These are the easiest and most cost-effective methods of providing fall protection and have a very high success rate. Standard guardrails, safety cables, floor hole and sky light covers are our preferred means of

fall protection on job sites. The following rules will be followed when using them:

- Railings shall be constructed of wood, or in an equally substantial manner from other materials. It will consist of a top rail not less than 42 inches or more than 45 inches in height measured from the upper surface of the top rail to the floor, platform, runway or ramp level and a mid-rail. The mid-rail shall be halfway between the top rail and the floor, platform, runway, or ramp. "Selected lumber" free from damage that affects its strength, shall be used.
- Wooden posts shall be not less than 2 inches by 4 inches in cross section, spaced at 8-foot or closer intervals.
- Wooden top railings shall be smooth and of 2 inches by 4 inch or larger material. Double, 1-inch by 4-inch members may be used for this purpose, provided that one member is fastened in a flat position on top of the posts and the other fastened in an edge-up position to the inside of the posts and the side of the top member. Mid rails shall be of at least 1 inch by 6-inch material.
- The rails shall be placed on the side of the post that will afford the greatest support and protection.
- All guardrails, including their connections and anchorage, shall be capable of withstanding a load of 13 pounds per linear foot applied either horizontally or vertically downward at the top rail.
- Railings receiving heavy stresses from employees trucking or handling materials shall be provided additional strength using heavier stock, closer spacing of posts, bracing, or by other means.
- Floor, roof, and skylight openings shall be guarded by a standard railing and toe boards or cover. Covering shall be capable of safely supporting the greater of the weight of a 200-pound person or the weight of worker(s) and material(s) placed thereon.
- Coverings shall be secured in place to prevent accidental removal or displacement, and shall bear a pressure sensitized, painted, or stenciled sign with legible letters not less than one inch high, stating: "Opening/Cover Do Not Remove." Markings of chalk or keel shall not be used.
- Ladder way floor openings or platforms shall be guarded by standard railings with standard toe boards on all exposed sides, except at the entrance to the opening, with the passage through the railing either provided with a swinging gate or so offset that a person cannot walk directly into the opening.
- Floor holes, into which persons can accidentally walk, shall be guarded by either a standard railing with standard toe boards on all exposed sides, or a floor hole cover of standard strength and construction that is secured against accidental displacement. While the cover is not in place, standard railings shall protect the floor hole.
- Wall openings, from which there is a drop of more than 4 feet, and the bottom of the opening is less than 3 feet above the working surface, shall be guarded with either a standard rail or intermediate rail or both.
- An extension platform outside a wall opening onto which materials can be hoisted for handling shall have side rails or equivalent guards of standard specifications. One side of an extension platform may have removable railings to facilitate handling materials.
- Wall opening protection barriers shall be of such construction and mounting that, when in place at the opening, the barrier can withstand a load of at least 200 pounds applied in any direction (except upward).
- All elevator shafts in which cages are not installed and which are not enclosed with solid partitions and doors shall be guarded on all open sides by standard railings and toe boards.
- A full body harness and lanyard are required when using boom lifts.

Safety Monitoring Systems

When no other alternative fall protection has been implemented, the employer shall implement a safety monitoring system. The supervisor must appoint a competent person to monitor the safety of workers and shall ensure that the safety monitor:

- Is competent in the recognition of fall hazards.

- Is capable of warning workers of fall hazard dangers and in detecting unsafe work practices.
- Is operating on the same walking/working surfaces of the workers and can see them.
- Is close enough to work operations to communicate orally with workers and has no other duties to distract from the monitoring function.
- Mechanical equipment shall not be used or stored in areas where safety-monitoring systems are being used to monitor employees engaged in roofing operations on low-sloped roofs.
- No worker, other than one engaged in roofing work (on low-sloped roofs) or one covered by a fall protection plan, shall be allowed in an area where an employee is being protected by a safety monitoring system.
- All workers in a controlled access zone shall be instructed to promptly comply with fall hazard warnings issued by safety monitors.

Protection from Falling Objects

When guardrail systems are used to prevent materials from falling from one level to another, any openings must be small enough to prevent passage of potential falling objects. No materials or equipment except masonry and mortar shall be stored within 4 feet of working edges. Excess mortar, broken or scattered masonry units, and all other materials and debris shall be kept clear of the working area by removal at regular intervals.

Personal Fall Arrest Systems

Personal fall arrest systems consist of a full body harness and a shock-absorbing lanyard attached to suitable anchorage. They are also an effective means of preventing fall accidents. The system does not actually stop you from falling but catches you and safely stops you from hitting the level below.

Fall arrest systems will be our preferred means of protection when standard guardrails, safety cables, or covers are not practical. The following rules, in addition to the manufacturer's requirements and Cal OSHA regulations, will be observed:

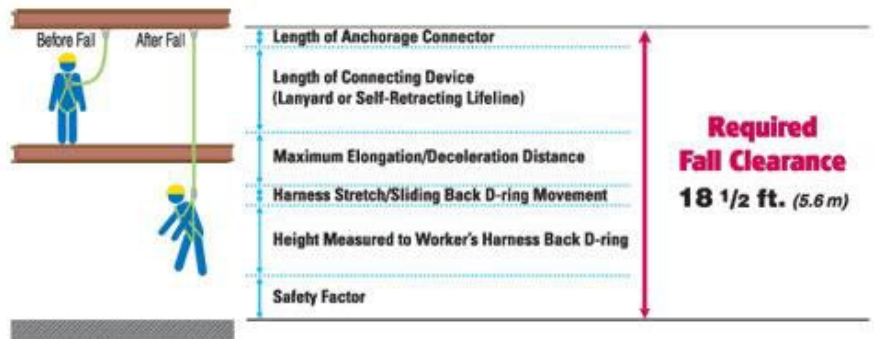
- Ropes and straps (webbing) used in lanyards, lifelines, and strength components of body harnesses shall be made from synthetic fibers except when they are used in conjunction with hot work where the lanyard may be exposed to damage from heat or flame.
- Anchorages used for attachment of personal fall arrest equipment shall be independent of any anchorage being used to support or suspend platforms. It shall also be capable of supporting at least 5,000 pounds per employee attached, or shall be designed, installed, and used as part of a complete personal fall arrest system which maintains a safety factor of at least two; and under the supervision of a qualified person.
- The attachment point of the body belt shall be in the center of the wearer's back. The attachment point of the body harness shall be in the center of the wearer's back near shoulder level, or above the wearer's head.
- Where practical, the anchor end of the lanyard shall be secured at a level not lower than the employee's waist, limiting the fall distance to a maximum of 4 feet.
- Harnesses, lanyards, and other components shall be used only for employee protection as part of a personal fall arrest system and not to hoist materials.
- Personal fall arrest systems and components subjected to impact loading shall be immediately removed from service and shall not be used again for employee protection until inspected and determined by a competent person to be undamaged and suitable for reuse.
- We shall provide for prompt rescue of employees in the event of a fall or shall assure that employees are able to rescue themselves.
- Personal fall arrest systems shall be inspected prior to each use for wear, damage and other deterioration,

and defective components shall be removed from service.

- Any lanyard, safety harness, or drop line subjected to in-service loading, as distinguished from static load testing, shall be immediately removed from service, and shall not be used again for employee safeguarding.
- Personal fall arrest systems shall not be attached to guardrails unless the guardrail is capable of safely supporting the load.
- Each personal fall arrest system shall be inspected not less than twice annually by a competent person in accordance with the manufacturer's recommendations. The date of each inspection shall be documented.
- Personal fall arrest systems will be rigged such that an employee can neither free fall more than 4 feet, nor contact any lower level.
- Personal fall arrest systems will bring an employee to a complete stop. They will also limit maximum deceleration distance an employee travels to 3.5 feet and have sufficient strength to withstand twice the potential impact energy of an employee free-falling 6 feet, or the free fall distance permitted by the system, whichever is less.

Calculating Total Fall Distance

Total fall distance (TFD) is defined as the sum of Freefall Distance (FFD), Deceleration Distance (DD), Harness Effects (HEFF), Vertical Elongation (VEL) and Safety Factor (SF). To calculate total fall distance, use the following equation: $TFD = FFD + DD + HEFF + VEL + SF$. Include a safety factor of 2 feet. See figure 1.



Allow the minimum calculated clearances necessary above the ground, equipment, or other obstruction at the end of the fall from the fall arrest point.

Positioning Device Systems

Positioning device systems are designed to allow employees to work with both hands free at elevated locations. By their very nature, they provide some level of fall protection. They are not as effective as railings or fall arrest systems. Positioning device systems may be used together with a fall arrest system for greater safety. Their use shall conform to the following provisions:

- Positioning devices shall be rigged such that an employee cannot free fall more than 2 feet.
- Positioning device systems shall be inspected prior to each use for wear, damage, and other deterioration and defective components shall be removed from service.
- Body belts, harnesses, and components shall be used only for employee protection (as part of a personal fall arrest system or positioning device system) and not to hoist materials.
- The use of non-locking snap hooks is prohibited.
- Anchorage points for positioning device systems shall be capable of supporting two times the intended load or 3,000 pounds, whichever is greater.

Personal Fall Restraint

Fall restraint systems are designed to prevent the wearer from reaching the edge or danger area and thus prevent them from falling. Body belts or harnesses may be used for personal fall restraint.

- Body belts shall be at least one and five-eighths (1 5/8) inches wide.
- Anchorage points used for fall restraint shall be capable of supporting 4 times the intended load.
- Restraint protection shall be rigged to allow the movement of employees only as far as the sides of the working level or working area.

Examples of Situations Requiring Fall Protection

The following are examples of situations where fall protection would be needed. This listing is by no means complete, and there are many other situations where a fall of 6 feet or more is possible.

Wall Openings

Each employee working on, at, above, or near wall openings (including those with chutes attached) where the outside bottom edge of the wall opening is 6 feet or more above lower levels, and the inside bottom edge of the wall opening is less than 39 inches above the walking/working surface must be protected from falling using a guardrail system, a safety net system, or a personal fall arrest system.

Holes

Personal fall arrest systems, covers, or guardrail systems shall be erected around holes (including skylights) that are more than 6 feet above lower levels.

Hoist Areas

Each employee in a hoist area shall be protected from falling 6 feet or more by guardrail systems or personal fall arrest systems. If guardrail systems (or chain gate or guardrail) or portions thereof must be removed to facilitate hoisting operations, as during the landing of materials, and a worker must lean through the access opening or out over the edge of the access opening to receive or guide equipment and materials, that employee must be protected by a personal fall arrest system.

Ramps, Runways, and Other Walkways

Each employee using ramps, runways, and other walkways shall be protected from falling 6 feet or more by guardrail systems.

Ladders

- Personnel working from ladders shall wear when required an approved safety harness / lanyard system for fall protection.
- Permanent caged structural ladders may be ascended or descended without additional fall protection.
- Temporary construction ladders shall extend at least 36 inches above their uppermost landing and be secured against displacement.
- When ascending or descending ladders, personnel shall use both hands. Materials or tools shall not be

carried in hands while using ladders.

Portable ladder (e.g.: extension ladders, step ladders, etc.) users must comply with the following:

- Personnel climbing ladders which are not tied off at the top must have another person hold the ladder at the bottom until it can be secured. This includes the last trip down after untying a ladder at the top.
- Upon climbing to the elevation where the task is to be performed, the person on the ladder shall properly secure their safety lanyard before doing anything else. Next, the ladder must be tied off before work can begin. When the task is complete, the process is reversed with the safety lanyard being the last protective device released prior to descent.

Temporary Work Platforms / Walkways

(Scaffolds)

- Every effort shall be made to ensure all temporary platforms / walkways, scaffolds, etc. are equipped with solid decks free of openings and standard guardrails regardless of height.
- Personnel working from or traveling on temporary work platforms or catwalks must always wear an approved safety harness and lanyard. Personnel are not required to secure their lanyards when the temporary work platform or catwalk is complete with standard guardrail systems and walking / working surface (deck) which are free of opening. All access openings in the platform or catwalk must be provided with closure devices such as ladder gates.
- Personnel who are not protected by completed decks and guardrail systems must have their safety lanyard always secured properly. Personnel who must lean through or over handrails must secure their lanyard.
- Every temporary work platform or elevated walkway must be provided with a safe means of access / egress which allows personnel to remain tied off while gaining access to the platform or walkway. Retractable lifelines shall be used to achieve fall protection while ascending or descending access ladders to temporary work platforms or walkways.

Personnel Lift / Hoist Devices

(Aerial Lifts e.g.: Jig, Scissor, Snorkel, etc.)

- Personnel riding in or working from these lifts must wear an approved safety harness / lanyard system and always secure their safety lanyard to the lift basket.
- Lifts shall be placed on solid level surfaces to eliminate possibility of overturning.

Spyder's And Sky- Climbers

Personnel riding or working from these hoisting devices shall wear an approved safety harness / lanyard system and each shall provide an independent lifeline and rope grab to which their lanyard shall be always secured when aloft.

Permanent Structures / Stairs / Caged Ladders

- Personnel working or traveling on permanent decks, floors, and walkways which are free of fall exposures are not required to wear safety harnesses and lanyards provided they can access the elevations by completed permanent stairs or fully enclosed personnel hoists (elevators).
- Personnel working or traveling in incomplete permanent structures where fall exposures exist, such floor openings and open sided floors, must wear an approved safety harness/lanyard system and be properly tied off when within 6' of any fall exposure.
- Priority shall be given to installation and securing of permanent floors and walking surfaces and all guard rails and other permanent fall protection devices.
- When required, temporary guard rails and floor covers shall be installed to eliminate fall exposures.
- Only authorized personnel involved in work activities associated with the fall exposure and are provided with secondary fall protection systems may work on floors or walkways which are incomplete.
- Permanent stairs, when completed, shall be used to access, or egress elevated work areas.
- Safety lanyards and other fall protection are not required on stairs as the handrails are to be used for this purpose. Personnel climbing or descending stairs shall always have one hand on the handrail.
- Caged ladders do not require secondary fall protection. Personnel climbing ladders must always keep both hands free for climbing.

Training

Employees will be trained in the following areas:

- The nature of fall hazards in the work area.
- The correct procedures for erecting, maintaining, disassembling, and inspecting fall protection systems.
- The use and operation of controlled access zones and guardrail, personal fall arrest, safety net, warning line, and safety monitoring systems.
- The role of each employee in the safety monitoring system when the system is in use.
- The limitations on the use of mechanical equipment during the performance of roofing work on low-sloped roofs.
- The correct procedures for equipment and materials handling and storage and the erection of overhead protection; and,
- Employee's role in fall protection plans.

Re-Training

If the supervisor has reason to believe that any designated employee who has been trained does not understand or possess the skill required by Cal/ OSHA standards, the employer must retrain that employee. Retraining is required in the following circumstances:

- Changes in the workplace Fall Protection Program render previous training obsolete.
- Changes in the types of fall protection systems or equipment to be used render previous training obsolete.
- Inadequacies in an affected employee's knowledge or use of fall protection systems or equipment indicate that the employee has not retained the requisite understanding or skill.

Storage & Maintenance of Fall Protection Equipment

- Refrain from storing personal fall arrest equipment in the bottom of a toolbox, on the ground, or outdoors, exposed to the elements (i.e., sun, rain, snow).

- Hang equipment in a cool, dry location in a manner that retains its shape.
- Follow manufacturer recommendations for inspections.
- Clean with a mild, nonabrasive detergent and hang to dry.
- Refrain from force drying or using strong detergents when cleaning.
- Refrain from storing equipment near excessive heat, chemicals, moisture, or sunlight.
- Refrain from storing in an area with exposures to chemicals or corrosive elements.
- Avoid dirt or other types of build-up on equipment.
- Refrain from using equipment for any purpose other than personal fall arrest.
- Remove equipment from service immediately if exposed to a fall.

Rescue Procedures

Rescue Methods/Options of Fallen Personnel

Prior to work activity where fall protection is necessary, rescue plans must be identified and discussed with all employees. The supervisor must develop the rescue plan(s). In the unlikely event that a fall arrest occurs on-site, personnel with the use of an articulating man lift or ladders, where feasible, will rescue all employees. Alternative rescue options are safety ladders and personal trauma straps. Additional assistance must be sought through the local emergency services.

Communication

In the event of a fall, notify the following people as soon as possible.

- Fire Department and emergency medical services if necessary
- Rescue personnel (i.e., maintenance personnel, Police)
- Supervisor
- Our safety manager

Note: Employees involved in a fall arrest or fall should be sent for a medical evaluation to determine the extent of injuries.

Glossary of Terms

Aerial lift device: equipment such as powered platforms, vehicle-mounted elevated and rotating work platforms, extensible boom platforms, aerial ladders, articulating boom platforms, vertical towers and powered industrial truck platforms.

Anchor point: A secure point of attachment for lifelines, lanyards, or deceleration (grabbing) devices.

Anchorage: A secured structure that can safely withstand forces exerted by fall protection or rescue equipment.

Authorized person: A person approved or assigned by the employer to perform specific tasks or duties (building maintenance, roof repair, etc.)

Body belt: A strap with means both for securing it about the waist and for attaching it to a lanyard, lifeline, or deceleration (grabbing) device. Body belts are prohibited for use.

Body harness (full body harness): An interconnected set of straps that may be secured about a person in a manner that distributes the fall arrest forces over at least the thighs, pelvis, waist, chest, and shoulders with a means for attaching the harness to other components of a personal fall arrest system, preferably at the shoulders and/or middle back.

Competent person: A person who is capable of recognizing existing and predictable hazards and has the

authority to take corrective action; A person who is capable of identifying hazardous or dangerous conditions in the personal fall arrest system or any component thereof as well as in their application and use with related equipment. To be considered a competent person, a training class must be completed for general fall protection and an additional training class must be completed for scaffolds. To be considered a competent person for equipment inspections, the manufacturer's training guidelines and instructions shall be followed.

Connector: A device that is used to connect parts of a personal fall arrest system together (i.e., D- rings, and snap hooks).

Deceleration device: Any mechanism, such as a rope; grabbing device, rip stitch lanyard, specially woven lanyard or automatic self-retracting lifeline/lanyard, which serves to dissipate a substantial amount of energy during a fall arrest, or otherwise limits the energy imposed on an employee during fall arrest.

Deceleration distance: The additional vertical distance a falling person travels, excluding lifeline elongation and free fall distance, before stopping, from the point at which a deceleration device begins to operate.

Designated area: A space which has a perimeter barrier erected to warn employees when they approach an unprotected side or edge and serves also to designate an area where work may be performed without additional fall protection.

Fixed ladder: A ladder, including individual rung ladders that is permanently attached to a structure, building, or equipment; It does not include ship's stairs or manhole steps.

Free fall: The act of falling before a personal fall arrest system begins to apply force to arrest the fall.

Free fall distance: The vertical displacement of the fall arrest attachment points on the employee's body harness between the onset of the fall, and just before the system begins to apply force to arrest the fall. Free fall distance must not exceed 6'. This distance excludes deceleration distance and lifeline/lanyard elongation distance.

Guard rail: A barrier erected to prevent personnel from falling to lower levels.

Guard rail System: A barrier erected to prevent employees from falling to lower levels. This system includes a top-rail, mid-rail and toe-board. All rails and supports must be able to withstand 200 lbs. applied in any direction.

Hole: A void or gap 2" or more in its least dimension in a floor, roof, or other walking/working surface.

Horizontal lifeline: A flexible line between two horizontal fixed anchorages to which a fall arrest device is connected.

Infeasible: Impossible to perform the construction work using a conventional fall protection system (i.e., guard rail system, safety net system, or personal fall arrest system) or that it is technologically impossible to use any one of these systems to provide fall protection.

Ladder: A device typically used to gain access to a different elevation consisting of two or more structural members crossed by rungs, steps, or cleats.

Lanyard: A flexible line of rope or strap that generally has a connector at each end for connecting the body harness to a deceleration device, lifeline or anchor point.

Leading edge: The edge of a floor, roof, or other walking/working surface, which changes location as additional floor, roof, etc., is placed or constructed. A leading edge is considered an unprotected side or edge when not under active construction.

Lifeline: A component consisting of a flexible line for connection to an anchorage at one end to hang vertically (vertical lifeline), or for connection to anchorages at both ends to stretch horizontally (horizontal lifeline), and which serves as a means for connecting other components of a personal fall arrest system to the anchorage.

Low-slope roof: A roof with a slope of less than or equal to 4 in 12 (vertical to horizontal), with an approximate slope of 19.5° or less.

Lower levels: Those areas or surfaces to which an employee can fall. Such areas include, but are not limited

to, ground levels, floors, platforms, ramps, runways, excavations, pits tanks, material, water, equipment, structures, or portions thereof.

Mechanical equipment: All motor or human propelled wheeled equipment used for roofing work, except wheelbarrows and mop carts.

Opening: A gap or void 30" or higher and 18" or wider in a wall or partition, through which personnel can fall to a lower level.

Positioning device system: A body harness system rigged to allow an employee to be supported on an elevated vertical surface, such as a wall, and work with both hands free while leaning. Personal fall arrest system: A system used to arrest (catch) an employee in a fall from a working level. It consists of an anchorage, connectors, body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these.

Qualified climber: A person who by virtue of physical capabilities, training, work experience and job assignment is authorized by the employer to routinely climb fixed ladders and step bolts on structures, such as towers and poles, which do not have ladder protection devices such as cages and rest platforms.

Qualified person: One with a recognized degree or professional certificate and extensive knowledge and experience in the subject field who is capable of design, analysis, evaluation and specifications in the subject work, project or product.

Restraint line: A device which is attached between the employee and an anchorage to prevent the employee from walking or falling off an elevated surface. Roof: The exterior surface on the top of a building.

Roofing work: Hoisting, storage, application, and removal of roofing materials and equipment, including related insulation, sheet metal, and vapor barrier work; does not include the construction of the roof deck.

Rope grab (grabbing device): A deceleration device that travels on a lifeline and automatically, by friction, engages the lifeline and locks to arrest a fall.

Safety monitoring system: A safety system in which a competent person is responsible for recognizing and warning employees of fall hazards. All other fall protection systems must be deemed "infeasible" (through infeasibility study/review) to select and use a safety monitoring system.

Scaffold: Any temporary elevated or suspended platform, at its supporting structures, used for supporting employees or materials or both.

Self-retracting lifeline/lanyard: A deceleration device containing a drum-wound line which can be slowly extracted from, or retracted onto, the drum under minimal tension during normal movement and which, after onset of a fall, automatically locks the drum and arrests the fall(usually within two feet or less).

Standard railing: A vertical barrier erected along exposed edges of a floor opening, wall opening, ramp, platform, or runway to prevent falls of persons.

Steep roof: A roof having a slope greater than 4 in 12 (vertical to horizontal). A steep roof is a roof with a slope greater than 19.5°.

Snap hook: A connector consisting of a hook-shaped member with a 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. Snap hooks must be self-closing with a self-locking keeper which remains closed and locked until unlocked and pressed open for connection or disconnection, thus preventing the opportunity for the object to "rollout" of the snap hook. Only locking snap hooks are permitted for use.

Tie-off: A procedure of connecting directly or indirectly to an anchorage point.

Unprotected sides and edges: Any side or edge (except at entrances to points of access) of an elevated walking/working surface (e.g., floor, roof, ramp, or runway) where there is no wall or guard rail system at least 39" high.

Toeboard: A low protective barrier usually 4" or greater in height that prevents material and equipment from falling to lower levels.

Total fall distance: The maximum vertical change in distance from the bottom of an individual's feet at the onset of a fall, to the position of the feet after the fall is arrested - including free fall distance and deceleration distance.

Vertical lifeline: A component consisting of a flexible line for connection to an anchor point at one end to hang vertically and that serves as a means for connecting other components of a personal fall arrest system to the anchor point. *NOTE: When vertical Lifelines are used, each employee shall be attached to a separate lifeline.*

Walking/working surface: Any surface, whether horizontal or vertical on which an employee walks or works, including, but not limited to, floors, roofs, ramps, bridges, runways, form work and concrete reinforcing steel but not including ladders, vehicles, or trailers, on which employees must be in order to perform their job duties.

Warning line system: A barrier erected on a roof to warn employees that they are approaching an unprotected roof side or edge; a barrier that designates an area in which work can be conducted without the use of guard rails, personal fall arrest systems, or safety nets to protect employees in the area. This will be utilized on any roof greater than 50" wide and in conjunction with a safety monitor only where the other forms of fall protection have been deemed infeasible to use.

Work area: The portion of a walking/working surface where job duties are being performed.

Fall Protection Work Plan

Instructions: This form is to be completed for each work site where employees are assigned and a fall hazard(s) of 6 feet or more exists, as well as for other areas where the supervisor decides it is appropriate. This document must be completed by a supervisor who understands our fall protection requirements, and who has authority to take corrective action to help protect employees from exposure to fall hazards. A copy of this plan must be available on the work site and a copy sent our safety manager.

Work Site Address: _____

Person Completing this Work Plan: _____ **Date:** _____

Fall Hazards Identified in Work Area (check only those that apply):

	Hazard Type	Fall Protection Method (circle those to be used). Refer to the manufacturer's instructions for procedures on use & care of equipment, see Competent Person on site.	Overhead Protection (if needed indicate number from key below)
<input type="checkbox"/>	Leading Edge Work	Warning Line System	
<input type="checkbox"/>	Ladder Work	Positioning Belt	
<input type="checkbox"/>	Excavation Edges	Guardrails, Warning Line System	
<input type="checkbox"/>	Grade Drop-Offs	Guardrails	
<input type="checkbox"/>	Vaults		
<input type="checkbox"/>	Other (indicate):		
<input type="checkbox"/>			
<input type="checkbox"/>			
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OVERHEAD PROTECTION METHOD KEY			
Number	Overhead Protection Method	Number	Overhead Protection Method
1	Hard Hats	5	Screens on Guardrails
2	Overhead Hazard Signs	6	Barricades to Control Access
3	Debris Nets	7	Other (indicate):
4	Toe Boards on Guardrails	8	Other (indicate):

Rescue Plan

This document is intended to for site-specific rescue plan for working at heights at the below jobsite.

Date Generated: _____ **Job Location:** _____

Job Description: _____

Contacts	Rescue Equip.	Critical Rescue Factors
Rescuer(s):	<input type="checkbox"/> Ladder	Anchor Point:
	<input type="checkbox"/> Rescue Pole/Rope	
	<input type="checkbox"/> Rescue –Winch	
	<input type="checkbox"/> Rescue - Haul	
	<input type="checkbox"/> Crane man basket	
Competent Person:	<input type="checkbox"/> Aerial Lift	Landing Area:
	<input type="checkbox"/> Alternative Lifting / Lowering Device	
	<input type="checkbox"/> Suspended access equip.	
Emergency Contact:	<input type="checkbox"/> First Aid Kit	Rescue Obstructions or Hazards:
	<input type="checkbox"/> Life Ring	
	<input type="checkbox"/> Stretcher	
Method of Contact:	Location of Equip.	
<input type="checkbox"/> Whistle <input type="checkbox"/> Verbal	<input type="checkbox"/> Jobsite	
<input type="checkbox"/> Radio <input type="checkbox"/> Cell Phone	<input type="checkbox"/> Gang Box	
<input type="checkbox"/> Other:	<input type="checkbox"/> Toolbox	Other:
	<input type="checkbox"/> Other (list)	
Check For Yes		Comments
<input type="checkbox"/> Have alternatives to using fall arrest equipment been considered?		
<input type="checkbox"/> Has rescue equipment been inspected and in good shape?		
<input type="checkbox"/> Is equipment adequate for the rescue plan?		
<input type="checkbox"/> Have communication devices been identified, located, and tested?		
<input type="checkbox"/> Are all rescuers familiar with the use of the equipment?		
<input type="checkbox"/> Have employees on site been briefed on rescue plan?		

Describe the tasks that will be done prior to work to prevent a fall and the step-by-step process to be followed in the event of a fall.

Pre-Work Tasks	Response Procedure
	Notify Emergency Contact
	Call 911
	Make medical assessment of person
	If possible, have employee perform self-rescue

Cal OSHA requires us to provide for prompt rescue of employees in the event of a fall or shall assure that employees are able to rescue themselves. Refer to our written Fall Protection Program for specific information.

Reviewed By & Date: _____ **Approved By & Date:** _____

Fall Protection Equipment Inspection

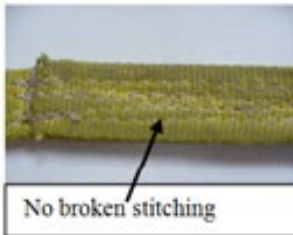
When to Inspect your equipment

- Each day before use
- More often when working near
 - > Chemicals
 - > Sharp objects
 - > Welding operations
- At least 2 times per year by a Competent Person
- As required by Manufacturer

Inspection Points

Lanyards

- Cuts/Holes/Broken Stitching
- Hard spots from chemicals/paint
- Burns and heat damage
- Measure length



Snaphooks and Hardware

- Damage, broken, non-functioning
- Cracks/corrosion/sharp edges

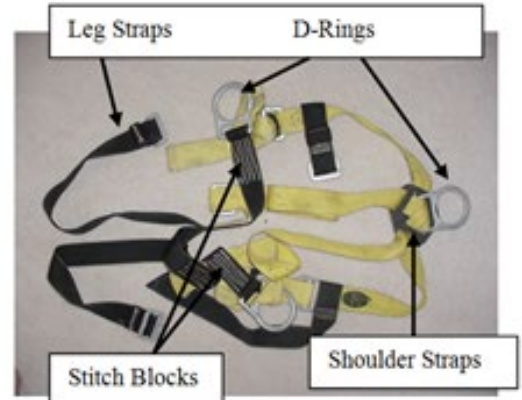


Document your results



Harness Inspection

- Burns/cuts/holes
- Broken stitches
- Cracked/deformed hardware
- Intact readable label



No storage in gang boxes



Inspect your equipment before EACH use

Remove if impacted from a fall

Read manufacturers instructions