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## **FALL PROTECTION AND PREVENTION** DON'T FALL FOR UNSAFE CRAP.

**ROLES & RESPONSIBILITIES** 

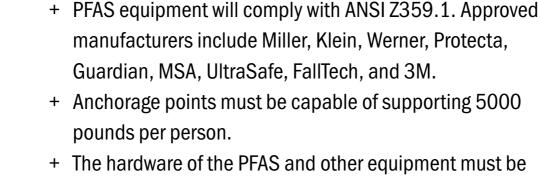
- Audit the jobsite for fall protection hazards and compliance. Ensure employee-owners are trained in fall protection

- Where employee-owners are exposed to a fall hazard greater

# such as a guard rail, a personal fall arrest system (PFAS) shall

### be used. A controlled access zone (CAZ) can be established if

- All floor/roof perimeters that are not a part of the leading edge shall have a standard guard rail. The leading edge shall have a warning line installed a minimum of six (6) feet back from the finished edge. The warning line shall limit access to all unfinished decks and
- deck edges. + Refer to OSHA regulations §CFR 1926.502(f).
- shall use a PFAS.
- SAFETY MONITOR SYSTEMS



+ All employee-owners shall be tied off 100% while exposed

to a fall hazard.

Fall Arrest Equipment:

opening

- All floor/roof perimeters that are not a part of the leading edge shall have a standard guard rail. Never attach two pieces of fall arrest equipment unless authorized by the manufacturer.
- Never modify fall arrest equipment. Fall protection systems, including horizontal and vertical

lifelines, shall be commercially manufactured or engineered.

Employee-owners will use a PFAS when working on columns,

shear walls, girder-stanchions, and cable systems where

- standard guardrails are not available for fall prevention. **Standard Guardrails** 
  - inches by 4 inches, 42 inches above the finish surface with mid railing and toeboard. • Wire cables shall be 3/8 inch or equivalent strength and shall be supported by stanchions spaced no greater than 8 feet on
- for that specific purpose. **Safety Nets**  Debris nets will not be used for personnel use unless a personal net is incorporated. Debris will be cleaned out frequently.

Nets must be tested in accordance with OSHA Regulations

immediately after being installed.

a person.

**Scaffolds** 

- Frame scaffold must be pinned before fall equipment is used including legs. Secure the first level to avoid possible tip-over, before fall arrest equipment is used.
- Inspect harnesses for cut webbing under the buttocks from cooning (straddling) work methods. Do not work connecting steel in unusually windy or wet weather

Install horizontal/vertical cables on the ground.

 Establish a fall protection plan with the use of retractable lifeline or static lines. Verify that structural members can safely support the weight of a bundle of decking (all lateral braces installed).

All extra grating material shall be maintained for use on future

projects. For purposes of reuse, do not cut expanded metal

- + D-rings and lanyard hardware shall not be deformed or cracked. + All body harnesses and lanyard assemblies shall have a legible tag attached that will identify the manufacturer.
  - to be more than a minor injury, utilize emergency procedures. Consider equipment such as: + Basket stretchers (stokes) with lifting bridals + Aerial lift availabilities + Systems that include self-rescue/controlled descent
- **Site Specific Fall Protection Plans** • The Safety Manager will be consulted to assist in the
- **TRAINING**
- **General Training Requirements**

- The use of safety nets requires a rescue plan for the removal of
- structure. PFAS shall be utilized erecting/dismantling scaffolds (i.e., including tubular scaffolds, Morgan scaffolds, etc.). **Steel Erection**

Plan the routes of travel up and around the structure and stick

retractable or rope lifeline properly anchored to the roof of the

the crane from the load once the beam is bolted. **Decking** 

to them.

conditions.

**Maintenance & Inspection** 

grating for use on smaller holes.

Warning lines shall be inspected daily.

include the following:

- Equipment that does not have a legible manufacturer tag shall not be used.
- Should a worker be injured on the jobsite, a quick estimate of

Never put an individual in a situation where, in the event of a

fall, prompt rescue would be impractical/impossible.

- development of the plan.
- Supervisors shall train employee-owners working on the site on been chosen for use on the project. + Employee-owners must be trained on the use of equipment
  - and proper anchor points.

- **Employee-owners**
- Evaluate work tasks for fall protection needs. Provide project supervision with feedback and recommendations for fall protection compliance.
- requirements in the Safety Management Program. • Inspect fall protection equipment prior to use.
- **Project Supervision**  Identify and provide the proper fall protection equipment and materials for the task.

- **PROCEDURES General Requirements** than six (6) feet and are not protected by a fall restraint system

the guardrail can't be used.

- - If work is required beyond the warning line, employee-owners
  - ARE NOT ALLOWED.

All floor/roof, stairway, and ladder openings shall have a guard

rail installed at the landing. The guard rail will be arranged so that

an employee-owner cannot step directly into the stairway/ladder

- compatible.
- shock absorber end of the lanyard to the harness.

Unless otherwise specified by the manufacturer, attach the

 Do not step on, climb, straddle, use a ladder, lean over or lean through guardrails.

Lumber for the standard guard railing system consists of

2X4X8 standard lumber on 8-foot centers. The top rail of 2

- center and shall be maintained with minimum deflection. The top cable shall be 42 inches above the finish floor and the mid cable shall be at 21 inches with the toe board. Guardrails will not be used as anchor points for fall arrest equipment unless they are approved by a structural engineer
- Fall arrest lanyard must be shock absorbing. If erecting a scaffold next to the structure, consider a
- Approved work boots for use on specific walking surfaces. Do not permit free climbing of columns. Instead, use ladders. Work with fabricators to eliminate fall hazards. Walk the lower flange straddling the beam in order to unhook

Plan the location of bundles of decking to eliminate the

necessity of carrying or dragging panels.

 Guardrails shall be inspected daily to ensure completeness and will be re-tensioned as needed. Catenary lines shall be inspected daily.

• Each employee-owner using a PFAS or fall restraint system

shall inspect their equipment prior to use. Inspection items

+ Harness webbing shall be free from nicks or frayed material.

- the extent of injuries shall be made. If the injury is determined

**Rescue Planning** 

- the proper use of the fall protection for the system(s) that has
  - + Re-training through weekly safety meetings on the topic of

fall protection is available in the resources below.