IMPORTANT: This document is intended to provide guidance only for developing site-specific fall protection plans for working at heights.
FALL PROTECTION PLAN

IMPORTANT: This document is intended to provide guidance only for developing site-specific working at heights fall protection plans. It must be specific for each work site.

THIS WORK PLAN WILL BE AVAILABLE ON THE JOB SITE FOR INSPECTION.
All employees that will be working on this job site will be aware of the fall hazards and will understand the means of mitigation that will be utilized as contained in this fall protection plan.

1. Fill Out the Specific Job Information

Company Name: ________________________________________________________________

Job Name: ___________________________ Date: ______________________________

Job Address: ______________________________________  City: ______________________________

Job Foreman: _____________________________________  Jobsite Phone: _____________________

2. Fall Hazards in the Work Area - Include locations and dimensions for hazards.

Elevator shaft: _______________________________  Stairwell: _______________________________

Leading edge: _______________________________  Window opening: ___________________________

Outside static line: ___________________________  Roof eave height: __________________________

Perimeter edge: _______________________________  Roof perimeter dimensions: _________________

Other fall hazards in the work area: _______________________________________________________________
### 3. Method of Fall Arrest or Fall Restraint

For fall protection equipment, include details such as, manufacturer etc.

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Full body harness</td>
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<tr>
<td>Positioning Lanyard</td>
<td>____________________________</td>
</tr>
<tr>
<td>Lifeline</td>
<td>____________________________</td>
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<tr>
<td>Horizontal lifeline</td>
<td>____________________________</td>
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<tr>
<td>Deceleration device</td>
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<tr>
<td>Locking snap hooks</td>
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<tr>
<td>Guard rails</td>
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<tr>
<td>Warning Lines</td>
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</tr>
<tr>
<td>Safety monitor &amp; Name</td>
<td>__________________________________________</td>
</tr>
<tr>
<td>Other</td>
<td>__________________________________________</td>
</tr>
</tbody>
</table>

Body belt (Restraint only): __________________
Self-Retracting Lifeline: __________________
Retract line: ____________________________
Rope grab: ________________________________
Shock absorbing lanyard: _________________
Safety nets: ____________________________
Anchorage points: ________________________
Scaffolding platform: ____________________

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

__________________________________________________________________________________________
4. Assembly, Maintenance, Inspection, Disassembly Procedures

Assembly and disassembly of all equipment will be done according to manufacturers’ recommended procedures. (Include copies of manufacturer’s data for each specific type of equipment used.) Designate who will be responsible for each task and what level of training they have.

Specific types of equipment on the job are: ______________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

A visual inspection of all safety equipment will be done daily or before each use, as stated in the Employee Training Packet. Any defective equipment will be tagged and removed from use immediately. The manufacturer’s recommendations for maintenance and inspection will be followed. ______________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

5. Handling, Storage & Securing of Tools and Material

Toe boards will be installed on all scaffolding to prevent tools and equipment from falling from scaffolding.

Other specific handling, storage and securing is as follows: ________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
6. Overhead Protection

Hard hats are required on all job sites with the exception of those that have no exposure to overhead hazards. Warning signs will be posted to caution of existing hazards whenever they are present. In some cases, debris nets may be used if a condition warrants additional protection.

Additional overhead protection will include: ______________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

Toe boards (at least 4 inches in height) will be installed along the edge of scaffolding and walking surfaces for a distance sufficient to protect employees below. Where tools, equipment or materials are piled higher than the top of the toe board, paneling or screening will be erected to protect employees below.

7. Injured Worker Removal

Normal first aid procedures should be performed as the situation arises. If the area is safe for entry, the first aid should be done by a foreman or other certified individual.

Initiate Emergency Services – Dial 911 (where available)

Phone location: _______________________________  First aid location: _______________________________

Elevator location: _______________________________  Crane location: _______________________________

Other: _______________________________________  Location: ___________________________________

Rescue considerations. When personal fall arrest systems are used, the employer must assure that employees can be promptly rescued or can rescue themselves should a fall occur. The availability of rescue personnel, ladders, or other rescue equipment should be evaluated. In some situations, equipment that allows employees to rescue themselves after the fall has been arrested may be desirable, such as devices that have descent capability.

Describe methods to be used for the removal of the injured worker(s): _______________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
8. Training and Instruction Program

All new employees will be given instructions on the proper use of fall protection devices before they begin work. They will sign a form stating they have been given this information. This form becomes part of the employee’s personnel file.

The written fall protection plan will be reviewed before work begins on the job site. Those employees attending will sign below. The fall protection equipment use will be reviewed regularly at the weekly safety meetings.

Date: _________________________

_________________________________________  ____________________________________________  ____________________________________________

_________________________________________  ____________________________________________  ____________________________________________

_________________________________________  ____________________________________________  ____________________________________________

_________________________________________  ____________________________________________  ____________________________________________

Foreman or Job Superintendent: ________________________________________________________________

Prior to permitting employees into areas where fall hazards exist, all employees must be trained regarding fall protection plan requirements. Inspection of fall protection devices/systems must be made to ensure compliance with OSHA and (Company Name) internal regulations.