

Fall Protection Program

I. Policy

It is the policy of this company to comply with the OSHA Fall Protection Standard and to provide safe work practices to prevent falls in the work place. It is our policy that employees on a walking or working surface with an unprotected side or edge which is 6 feet or more above a lower elevation shall be protected from falling by the use of guardrail systems, safety nets or personal fall arrest systems.

Due to the potential consequences of a fall the company will strictly enforce the following requirements. If an employee or supervisor violates these requirements they shall be subject to disciplinary action up to and including discharge.

II. Responsibilities

Management is responsible for ensuring that the fall protection program is implemented according to these policies and procedures. Management and supervisors will be responsible to periodically evaluate and update the program.

Supervisors will be responsible for the following:

- Train employees in the fall protection requirements.
- Continually evaluate jobsite hazards and update policies and procedures.
- To provide the proper fall protection (guardrails, nets or personal fall arrest system).
- To consistently reinforce and enforce the fall protection policies and procedures

III. Fall Protection Systems Criteria & Practices

A. Guardrail Systems

Guardrails will be used on all walking or working surfaces above 6 ft. in height. When guardrails can not be used or are not present for a particular work site other personal fall arrest systems will be required.

The following are the requirements when using guardrail systems:

1. The top rail should be no less than 42 inches in height above the walking or working surface. A midrail shall be installed halfway between the top rail and working surface (approx. 21 inches). A toe board shall be installed at the base of the working surface.
2. Guardrail systems shall be capable of withstanding a force of no less than 200 lbs. Applied within 2" of the top rail, in any outward or downward direction.
3. Mid rails, screens and vertical members should be able to withstand at least 150 lbs.
4. Guardrail material should be made of smooth material.
5. The ends of guardrails should not overhang the vertical posts.

6. Steel and/or plastic banding is not acceptable top rail material.
7. If wire rope is used it shall be flagged at no more than 6ft. intervals with high visibility material.
8. All vertical posts should be no more than 8ft. apart.
9. When guardrails are used around points of access, they shall have a gate or be offset so that a person can walk directly into the hole.
10. When guardrails are used at floor openings they shall be guarded on all four sides.
11. When guardrails are used at hoisting areas, a chain, gate or removable guardrail section shall be placed across the access opening between the guardrail sections when hoisting is not in place.
12. Guardrails used on ramps and runways shall be erected along each unprotected side or edge.

B. Safety Nets

Safety nets are another form of fall protection but rarely used in our industry. If the situation would arise a competent person would be hired to design and install the system.

C. Covers

Covers shall be designed to prevent workers from falling through a hole or opening.

1. All holes are to be covered if any gap or void exists of 2 or more inches on a floor, roof or any other working surface.
2. All covers shall be capable of supporting at least twice the weight of employees, equipment, materials or vehicles to cross cover.
3. All covers shall be secured as to prevent accidental displacement by wind, equipment or employees.
4. Each cover shall be marked with the Hole or Cover in large easy to see letters or color coded to provide warning of the hazard.

D. Personal Fall Arrest System

The fourth method of fall protection is the personal fall arrest system. This system shall be used and specifically designed to protect workers in a free fall situation. Anytime employees are exposed to falls above 6 ft. without hole covers or guardrails the personal fall arrest system will be used.

1. Full Body Harness
 - A full body harness shall be used in all situations. A body belt is not an acceptable alternative.
2. Lanyards
 - They shall be connected to the anchor point and attached to the full body harness between the employee's shoulder blades.

- The lanyard shall not be used for any purpose other than the personal fall arrest system. Do not use it to hoist or tie materials of any kind.
 - The lanyard shall be inspected each time before use.
 - If a lanyard is subjected to impact caused by a fall, it shall be immediately removed from service.
 - Two lanyards shall be in use at all times. Hook the second lanyard before removing the first.
3. Snaphooks
- Snap hooks shall be double-locking and made of smooth corrosion resistant steel.
 - Non-locking snap hooks shall be prohibited for use by all company employees.
 - When using snap hooks, employees shall ensure to only attach snap hooks to Dee-rings or the anchor point.
 - The standard rule is one snap hook to one Dee-ring and use compatible hardware to prevent rollout.
 - Snap hooks and Dee-rings are to be the same size and made by the same manufacturer.
 - Employees should always check the connection each time to ensure everything is in good working order.
4. Anchorage point
- The anchorage point shall be a solid unmovable object that can support up to 5,000 pounds per employee.
 - Anchorage points that must support anything else, like a platform, scaffold or platform shall never be used.
 - Lanyards shall be anchored so that they employee can fall no more than 6 ft.