

SAFE JOB PROCEDURE – FALL PROTECTION

PURPOSE:

To protect workers from injuries associated with the falls from heights through proper planning, precautions, controls and training.

PROJECT SUPERVISOR:

#	STEP	PRECAUTIONS
1	Identify Fall Hazards: Complete a Hazard Assessment before any work on site commences. This includes the heading 'Fall Protection.'	<ul style="list-style-type: none"> • Watch for and note any work area with fall potential, particularly over six feet. Consider, however, that falls from any height can result in injury.
2	Choose Fall Hazard Controls: Note the best means of fall protection suited to each hazard identified in step 1.	<ul style="list-style-type: none"> • Fall arrest/ restraint should be a last resort. First endeavor to eliminate, avoid or control the risk by other means. For example: installing guard rails and safety nets, moving work to ground level, covering openings.
3	Closely monitor the installation, maintenance and use of fall protection.	<ul style="list-style-type: none"> • Controls chosen should be installed and maintained by qualified personnel. • Take leadership in the care and maintenance of personal fall arresting equipment, monitoring workers' commitment to the same. • Workers must be trained in proper use of and respect for fall protection. • When falls from heights are a recognized hazard on site, the supervisor will allow on site only workers and contractors with up-to-date Fall Protection training and the appropriate Fall Protection equipment.
4	Take charge of fall retrieval situations.	<ul style="list-style-type: none"> • Ensure that the necessary rescue and retrieval system is on hand and marked on the site Emergency Response Plan. • Review ERP including Fall Protection Procedures and retrieval with crew regularly.

WORKER:

#	STEP	PRECAUTIONS
1	Complete Fall Protection Training	<ul style="list-style-type: none"> • Worker has the right to refuse work at heights until Fall Protection Training is completed.
2	Use Provided Fall Protection	<ul style="list-style-type: none"> • Be alert and use equipment as intended. • Check the condition of guardrails, safety nets, cover opening in your work area. • Check harness, straps, clips, grommets, hitches, d-ring, lanyards, cables prior to use. DO NOT USE IF DEFECTIVE: mark as unusable and report to supervisor.

DIRECTIVES:

- Mandatory PPE: Hard Hat, work boots, long pants, eye protection, and an approved Fall Arrest System (harness, lanyard, etc.).
- Certified Fall Protection Training is mandatory.
- Conduct a Site-Specific Risk Assessment (2C SSRA) before working at heights.
- Regularly inspect and maintain Fall Protection equipment.
- Do not work alone or in isolated areas.
- Consider fall clearance.
- When transferring a lanyard between lifelines, remain tied to the first line until the second lanyard is secured.
- Use man baskets or a temporary staircase to access roof levels. Avoid climbing steel I-beams or supports to reach roof level.
- When moving across steel where no lifeline is in place, tie-off to the structural-framing member upon which they are working. Move across steel with a short lanyard and traverse the steel in a crouched position straddling the beam, walking on the bottom flange and holding the top flange. Secure the lanyard to a choker wrapped around the beam.
- To climb columns vertically, secure self to vertical lifelines using cable grabs and lanyard assembly attached to the “D” ring on the back of the body harness. Secure the second lanyard to the horizontal lifeline or framing member prior to parking the cable grab and lanyard on a vertical lifeline.