

**TOOL TYPE**     **FORM**  
**GEOGRAPHY**   **ALL**

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**SOURCE:**        **SAFEWORK**  
                         **ALBERTA**

## **FALL PROTECTION PLAN TEMPLATE**

### **BENEFITS**

Falls are one of the leading causes of workplace injury in Canada. As a result, the OHS laws require employers to protect workers from falling (such as by installing guard rails) and protect them if they should fall (such as by providing and requiring workers to use fall arrest systems). And some jurisdictions go further and require employers to implement fall protection plans. An effective fall protection plan should generally have six components:

1. Fall hazards at workplace
2. Fall protection systems to be used
3. Anchors to be used
4. Confirmation of clearance distances below the work area
5. Procedures to assemble, maintain, inspect, use and disassemble the fall protection systems
6. Rescue procedures.

### **HOW TO USE THE TOOL**

Use this template to develop a fall protection plan for your workplace. Adapt the template for the fall protection plan requirements under your jurisdiction's OHS laws.

### **OTHER RESOURCES:**

**SafeWork Alberta**

**Fall Hazards: Does Your Workplace Need a Fall Protection Plan?**

**Fall Hazards: Complying with the Hierarchy of Fall Protection Equipment**

**Fall Protection Equipment Inspection Checklist**

**Fall Protection Safety Video** (Not a Safety Smart subscriber? Sign up for a **free trial**.)

# FALL PROTECTION PLAN TEMPLATE

**Name of the Company/Site:**

**Person Completing Form:**

**Date:**

**Period for Which Plan Is Valid:**

**Fall Hazard(s) at the Site:** Outline the specific situation(s) where fall protection is required, considering what objects are below the worker and how far they are below, such as “work on steel, heights between 4 and 8 m above, steel below.”

**Fall Protection System to Be Used at the Site:** Details about the type of equipment (such as travel restraint, fall arrest, fixed anchor, lifeline and grab, shock-absorber, etc.), brands and models of components, length of lanyard, etc.

**Anchors to Be Used:** Be specific. Describe the precise anchor point, including anchor strength and location relative to worker.

**Clearance Requirement:** This must be calculated. The distance the worker would fall must be less than the distance to the nearest object/surface below .

**Free Fall Distance:** This must not be greater than 1.2 m (4') if there's no shock absorber. It must not be greater than that permitted by the fall protection manufacturer.

**Procedures to Assemble, Maintain, Inspect, Use and Disassemble the Fall Protection System:** Be detailed. You can attach the manufacturer's specifications for the specific equipment being used and ensure that workers are trained in these procedures.

**Rescue Procedure:** The Plan must specify how the worker will be rescued if he/she falls and is suspended. Examples include ladders, aerial devices, self-rescue fall protection equipment (suspension steps that deploy when the shock-absorber deploys, self-rescue SRLs, etc.) Workers must be trained in rescue procedures and conduct practice drills.

**Worker Sign-off:** The employer must ensure that all workers affected by this Plan have read and understood it. Prior to a worker signing this Plan, the employer needs to ensure that workers have read and understood all information in and attached to this Plan.