

# SITE SPECIFIC FALL PROTECTION PLAN

1 THIS PLAN IS SPECIFIC TO: \_\_\_\_\_  
PROJECT & ADDRESS

1.1 THIS PLAN IS SPECIFIC TO THE FOLLOWING AREA(S) ON SITE:

Parkade level: \_\_\_\_\_  Typical level: \_\_\_\_\_  Other: \_\_\_\_\_

Between G/L: \_\_\_\_\_

1.2 THIS PLAN IS APPLICABLE TO THE FOLLOWING HEIGHT(S) ON SITE:

Below 10 feet  Above 10 feet & below 25 feet  Above 25 feet  All Elevations

1.3 PERSON COMPLETING THIS FALL PROTECTION PLAN: \_\_\_\_\_

NAME

TITLE

1.4 SAFETY MANAGER: \_\_\_\_\_

1.5 NOTES: \_\_\_\_\_

## 2 COMPANY SAFETY POLICY WILL:

- Adhere to the WorkSafeBC Regulation as well as any local Government health and safety regulations.
- Provide the safest possible conditions for the above procedure.
- Ensure all employees are properly trained in regards to the Fall Protection Plan.
- Ensure all employees abide by this Fall Protection Plan.
- Monitor the effectiveness of this Fall Protection Plan.
- Update and revise this Fall Protection Plan as deficiencies become apparent.
- Believe that safety is everyone's responsibility, and a team effort must be made to keep safe work site conditions.

## 3 SAFE WORK PROCEDURE

### 3.1 REQUIREMENTS

Prior to exposing employees to heights above 25 feet (7.5m) or more a hazard assessment must be completed by Supervisors for each work area where workers will be working above 25 feet. Each fall protection plan must include the following information;

1. The specific fall hazard in the work area(s)
2. The methods of protection to be used.
3. The method of assembly, maintenance, and inspection of equipment.
4. The handling, storage, and security of tools and materials.
5. The types of overhead protection to be used if applicable.

**Once completed a copy of this plan must be available for review by a WorksafeBC Officer.**

### 3.1.1 FALL PROTECTION HIERARCHY

The fall protection hierarchy is defined as follows;

1. Guardrails are to be used as the first means of providing fall protection to workers
2. Fall restraint is to be used in the event that guardrails are not practicable
3. Fall arrest is to be use if fall restraint is not practicable
4. Written procedures and other fall protection controls must be used providing they have received approval in writing from WorksafeBC for their use.

**The list above is in order of priority. You may not substitute fall arrest in place of guardrails simply because the use of guardrails is time consuming. The hierarchy must be followed with each fall protection method eliminated in order or priority through a systematic process of hazard assessment.**

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## 3.2 PROCEDURE

The following points must be adhered to at all times by all workers who are exposed to a potential fall;

1. Protect all floor, roof and wall openings with adequate covers or guardrails as required by the WorkSafeBC Regulation.
2. Provide and enforce the use of fall arrest safety harnesses where workers are exposed to fall hazards of 25 feet or above.
3. Solid hole covers shall be secured and labeled with a circle and an "X".
4. All guardrails must meet the requirement of the WorkSafeBC Regulation.
5. Enforce proper housekeeping practices, including the prompt clean up of oil, grease, or chemical spills, removals of debris, power cords, hoses and tools to eliminate slipping or tripping hazards.
6. Control zone must be at least 6.5 feet away from edge and must be physically marked with stanchions and rope with flagging. The height of the flagging is to be approximately 36" high.
7. A safety monitor is to ensure the work activity is performed in accordance with the Fall Protection Plan and in a manner that minimizes the potential for a worker to fall. A safety monitor must be trained and have visual contact at all times with the work activities and must not monitor more than eight workers at one time.
8. When using lanyards limit the fall distance of the worker to 4 feet. If shock absorbing lanyards are being used fall distance should be increased to 6.5 feet.
9. When anchoring to columns or rebar ensure that synthetic life lines are protected. One means of protection is sliding an appropriate length of gray plastic conduit along the length of the rope (from the end) until it reaches the top of the rope (where the snap ling is).

## 3.3 FALL PROTECTION WORK PLAN

### 3.3.1 FALL HAZARDS IN THE WORK AREA

Determine what fall hazards exist in the work area. Check all that apply and then refer to the next section for the appropriate fall protection system to implement.

<input type="checkbox"/> Ladders	<input type="checkbox"/> Perimeter edges
<input type="checkbox"/> Scaffolds	<input type="checkbox"/> Leading edge
<input type="checkbox"/> Work decks	<input type="checkbox"/> Roof edge
<input type="checkbox"/> Forming/pouring/stripping	<input type="checkbox"/> Slab/roof openings
<input type="checkbox"/> Excavations	<input type="checkbox"/> Rolling stage
<input type="checkbox"/> Elevator/stair shafts	<input type="checkbox"/> Fly Table
<input type="checkbox"/> Boom supported platforms	<input type="checkbox"/> Crane

It is important to check only those hazards that exist in the work area. If other work areas have different fall hazards then an area specific fall protection plan will be required.

Other aspects of fall hazards that must also be considered are:

1. Swing factor
  - Is there a potential for a swing hazard when a worker is anchored at one point and working at another?  Yes  No
  - If Yes, are anchor points available at regular intervals (i.e. every 10 feet) that workers can use to anchor to as the move throughout the work area?  Yes  No
  - If No, can anchor points be installed?  Yes  No

**If No, then a horizontal lifeline must be used.**

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2. Vertical Clearance  This section is not applicable
- Is there sufficient clearance below workers to arrest a fall (min 12 feet measured vertically from the work platform; may differ for horizontal life line systems)?  Yes  No
  - If No, can the hazard be removed (i.e. thrust out platform)?  Yes  No  
If No, can vertical clearance be reduced (anchor point above, shorter lanyard)?  Yes  No
  - If No, can the work be done from below?  Yes  No
  - If No, can a platform or net be installed below the work area?  Yes  No

**If No, then a fall protection plan specific to that area is required.**

3. Other considerations
- Exposed rebar?  Yes  No

**If Yes, all exposed rebar where workers will be above must be covered with wooden trough or reinforced rebar caps**

- Working near edges?  Yes  No

**If Yes and workers will be above guardrails (i.e. pouring outside columns or walls) workers must be on work platform with guardrails or must use fall arrest.**

4. Anchor points must be capable of holding 5,000 lbs per worker attached for fall arrest and 800 lbs per worker for fall restraint.
- Anchor points accessible and adequate?  Yes  No
  - If No, can more anchor points be installed (i.e. drop through anchor slings)?  Yes  No
  - If No, can anchor points be installed on core walls or inside columns?  Yes  No
  - If No, can life lines be placed around inside columns?  Yes  No
  - If No, can a horizontal life line be installed?  Yes  No

**If Yes horizontal life line must be engineered and installed as per manufacturers instructions**

- a. If No, can netting be installed around outside of perimeter of work area?  Yes  No

**If No then an alternate fall protection plan must be developed and approved by WorksafeBC**

## 3.3.2 FALL PROTECTION IMPLEMENTATION

For the hazards noted in the above section, follow the guidelines below for each hazard identified:

1. Ladders: To be visually inspected before each use, safety feet in place, stepladders to be extended (no not lean against vertical surfaces), ladders for deck access will extend 36 inches above the horizontal surface, installed at a 4 to 1 angle and be tied off. Ladders secured at top and bottom
2. Scaffolds: Guardrails installed as required. All pins and braces in position. Stable base. Tied back as required by manufacturer. Platforms in good condition and capable of supporting the weight applied. Cleats on either end of non-manufactured planks. Use fall arrest if work platform not available or when working below platform/deck.
3. Work Decks: Guardrails installed as required.
4. Vertical Forms: Work platform required. Guardrails installed. Access/egress via ladder must be point 1 above).
5. Excavation: Temporary fence to prevent accidental/unauthorized access. Handrails will be installed at the top of the lagging where a fall hazard greater than 6 feet exists. Perimeter barricades will be set 6.5 feet back from edge.

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6. Elevator/Stair Shafts: Will be decked if appropriate or guardrails (top-rail and mid-rail) and toe boards (if there is a hazard of materials or equipment falling) will be used if the shaft must remain open.
7. Boom Supported Platforms: full body harness and lanyard.
8. Perimeter Edges: Guardrails required. Toe boards will be installed if there is a hazard of materials/equipment falling.
9. Leading Edge: Horizontal lifeline or anchor point with vertical lifeline, full body harness, retractable safety line and/or lanyard and rope grab.
10. Roof Edge: Guardrails if practical, otherwise horizontal lifeline or anchor point with vertical lifeline, full body harness retractable safety line and/or lanyard.
11. Slab/Roof Openings: Guardrails if the opening is large (4x4 feet or greater) and floor covers for smaller openings. Both must be secured to the deck using nails.
12. Rolling Stage: Guardrails must be installed. Wheels locked while workers engaged in work activities. Clear all materials and debris from work area prior to use.
13. Fly Table: Guardrails installed on working floor. Fall arrest to be used during flying and landing.
14. Crane: Operator to utilize catwalk access and remain within guardrails on Counter Jib at all times. If required to work outside catwalk, ensure a double lanyard system is used and all workers are 100% tied off at all times. Anchor points must be capable of withstanding 800 Lbs of force as the intent is to remain in Fall Restraint and not Fall Arrest. If Fall Arrest is required, Anchor point must be capable of withstanding 5000 lbs. To meet the minimum 5000 lbs requirement, anchor points must be major structural components. If work needs to be performed on the jib, the centre catwalk can be used provided adequate fall protection is used. Workers proceeding on the jib must use a double lanyard and be clipped at all times. Worker needs to be tied off 100% of the time "NO EXCEPTION". If work is required to be performed at the far end of the jib, where catwalk is not installed, worker must be 100% tied off on the horizontal life line installed. Make use of trolley basket to reach end of jib when available.

### 3.3.3 CONTROL ZONES & SAFETY MONITORS

A control zone will be used on site where it is unsafe or impractical to use another method of fall protection. The use of a control zone will be as follows;

1. A control zone is to be used on level or low-sloped work surfaces. It is not to be used as the primary means of fall protection for scaffold erection and removal.
2. The width of a control zone is to be at least 6.5 feet, with additional distance if any of the following conditions exists:
  - The working surface is slippery or sloped.
  - The risk of a fall is increased by the use of equipment near the control zone.
3. If a worker will be working within 6.5 feet of the Control zone, a line defining the control zone is to be established by a raised warning line or other equally effective means at all times during such work. For example, an acceptable raised warning line includes a line:
  - Of high-visibility material or a line flagged or clearly marked with high-visibility materials at intervals not exceeding 6.5 feet.
  - Rigged and maintained to be between 34 and 45 inches above the working surface.
4. A safety monitor may be used as the means of fall protection for workers in the control zone. Only workers directly required for the work at hand should be inside the control zone.
5. The role of the safety monitor is to ensure that the work activity in the control zone is performed in accordance with the fall protection plan and in a manner that minimizes the potential for a worker to fall.

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A safety monitor is to:

- Be experienced in the work overseen and trained in the role of safety monitor
- Be present at all times when a worker is in the control zone
- Have complete authority over the work as it relates to the prevention of falls
- Engage in no other duties while acting as the safety monitor
- Be located so as to have a clear and continuous view of the work

6. safety monitor should:

- Be able to have normal voice communication with the workers being protected
- Monitor no more than 8 workers
- Be instantly distinguishable from other workers

A control zone must be established on site under the following conditions;

1. When pouring a slab the area below the pour must be cordoned off on all accessible sides using red danger tape.
2. When workers are using swing stages or are working on platforms outside of the building where there is a possibility for falling items.

If a Safety Monitor(s) will be used, record their name(s) below:

Safety Monitor: \_\_\_\_\_  
Safety Monitor: \_\_\_\_\_  
Safety Monitor: \_\_\_\_\_  
Safety Monitor: \_\_\_\_\_

**Refer to section 3.3.3(4-6) when briefing a safety monitor(s).**

### 3.3.4 ASSEMBLY/MAINTENANCE/INSPECTION/STORAGE:

Supervisors will be trained by the supplier or competent trainer in the proper assembly, maintenance, and storage of fall protection devices. Manufacturer's recommendations will be followed. If a sketch of the system installation is required include it on the back of this page. Adequate (dry, secure, safe from damage) storage areas will be provided for equipment not in use.

Before each use workers will inspect equipment and all defective/damaged equipment will be immediately tagged and removed from service for repair or disposal. Use Form-0060 as a guide when completing daily inspection of fall protection equipment.

Scaffolding will be inspected and erected under the supervision of a competent person. Use Form-0047 as a guide with completing inspection of scaffolding.

### 3.3.5 HANDLING/STORAGE/SECURING OF TOOLS AND MATERIALS

Hoisting of materials or working overhead of other employees should be avoided. When working overhead is necessary, tools should be secured from falling. Covered walkways will be used if crossing under scaffolds. Materials shall be securely banded prior to hoisting. Netting should be used on perimeter handrails where materials are stored near the edge.

### 3.3.6 OVERHEAD PROTECTION

Hard hats are required. Warning signs will be posted to caution of existing hazards whenever they are present. Barricading (to limit access) will be used where appropriate. All openings will have toeboards installed.

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## 3.4 REMOVAL OF INJURED WORKERS

**Emergency rescue by the Fire Department must be arranged prior to this plan being implemented if high angle rescue is anticipated (i.e. rescue of the crane operator from the tower crane). Coordinate with the General Contractor for this type of rescue. Review the site emergency protocol with regards to rescue of workers who are involved in a fall on site and ensure that the emergency protocol accounts for rescue from falls.**

In the event of a serious injury/accident, workers must notify their Supervisor who will then contact the general contractor who will take the necessary steps. Important information that needs to be given to the dispatcher includes:

1. Location of the work site
2. Type of injury (fall, electrocution, etc.)
3. Is the victim conscious or unconscious

**Do not move the worker unless he/she is in a life-threatening situation. A designated worker must help direct the emergency unit to the location of the accident according to the site emergency plan.**

## 4 EMPLOYER RESPONSIBILITIES

- To provide a safe environment in which to perform work.
- To provide safe tools, equipment, and materials to facilitate the work being performed.
- To ensure all workers are trained, and perform the scope of work safely.
- To ensure that all Supervisors understand that workers must comply with all safety aspects of this procedure and that the Material Safety Data Sheet is provided when required and understood by all workers.

## 5 EMPLOYEE RESPONSIBILITIES

- To ensure he is properly trained and then performs the task safely.
- To ensure he uses only safe tools, equipment, and materials to facilitate safe construction.
- USE COMMON SENSE, if you don't know the procedure or proper equipment to use, ASK!
- Ensure that the Material Safety Data Sheet is available and understood when required.

## 6 SAFETY EQUIPMENT REQUIRED

- Hard hat, safety boots, hearing protection (as required), eye protection (as required)
- Adequate Signage
- Fall protection as required by hazard assessment (see section 3.3.1 above)

**The above procedure is only a suggested method. This procedure may vary as the job site conditions warrant.**

## 7 TRAINING

The fall protection plan will be part of the initial work site safety orientation of all employees new to the project. Attendance at this orientation will be documented and records will be kept on site. Employees will be given instructions on personal fall restraint devices before initial use. This training will be documented and records will be kept on site.

Use Form-0042 to record all workers in attendance for review of the fall protection plan. Once signed ensure that this safe work procedure and the sign in form are kept together for review by WorksafeBC. Return a copy of the safe work procedure and sign in form to the general contractor for their records.