JOB SPECIFIC FALL PROTECTION PLAN & CHECKLISTS

This material was produced under grant number SH-31228-SH7 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U. S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U. S. Government.

This Fall Protection Plan is specific to the following project, in accordance with company policies and procedures as outlined in the Fall Protection Plan:

Description	**Details**
Location of Job	
Date Plan Prepared or Modified	
Plan Prepared By (Designated Competent Person)	Name: Phone:
Plan Approved By	Name:
Plan Supervised By (Designated Qualified Person)	Name: Phone:

IDENTIFIED FALL HAZARDS (CHECK THOSE THAT APPLY)

1. Roof or elevated surface 6 or more feet above the ground or a lower level ____
2. Roof or elevated surface 4 or more feet above a hazard ____
3. Structural framing work – Not feasible for fall protection equipment ____
4. Structures not capable of holding 5,000-pounds load capacity for lifelines ____
5. Leading edges - Lack of guard rails or parapets (walls) ____
6. Openings, holes or skylights to a lower level ____
7. Stairways - Lack of sturdy guardrails ____
8. Ladder use ____
9. Scaffolding use ____
10. Aerial lift platform or scissors lift use ____
11. Hoist use ____
12. Potential for falling objects ____
13. Other: _____ ____
14. Other: _____ ____
15. Other: _____ ____
16. Other: _____ ____

CORRECTIVE ACTIONS THAT WILL BE TAKEN TO PREVENT FALLS

Address ALL identified fall hazards using the below hierarchy. Try to address the fall hazards using the first two priorities, whenever feasible. Also, try to address each fall hazard using two (2) or more actions and priorities. This will help ensure fall hazards are adequately controlled.

1. **Priority 1: Eliminate fall hazards** (e.g., perform work at ground level or use tools to eliminate work above ground level)
   a. Hazard#:____ Action: _____
   b. Hazard#:____ Action: _____
   c. Hazard#:____ Action: _____
   d. Hazard#:____ Action: _____
   e. Hazard#:____ Action: _____

2. **Priority 2: Passive fall restraint** (e.g., install physical barriers to prevent falls)
   a. Hazard#:____ Action: _____
   b. Hazard#:____ Action: _____
   c. Hazard#:____ Action: _____
   d. Hazard#:____ Action: _____
   e. Hazard#:____ Action: _____

3. **Priority 3: Active fall restraint** (e.g., restraint system with full-body harness, lanyard and anchor to prevent falls)
   a. Hazard#:____ Action: _____
   b. Hazard#:____ Action: _____
   c. Hazard#:____ Action: _____
   d. Hazard#:____ Action: _____
   e. Hazard#:____ Action: _____

4. **Priority 4: Fall arrest** (e.g., personal fall arrest system or safety net)
   a. Hazard#:____ Action: _____
   b. Hazard#:____ Action: _____
   c. Hazard#:____ Action: _____
   d. Hazard#:____ Action: _____
   e. Hazard#:____ Action: _____

5. **Last resort: Controlled access zones** when fall prevention or protection are not feasible (e.g., visible barriers, signage, on-site supervision, restricted access and adequate worker training on uncontrolled hazards)
   a. Hazard#:____ Action: _____
   b. Hazard#:____ Action: _____
   c. Hazard#:____ Action: _____
   d. Hazard#:____ Action: _____
   e. Hazard#:____ Action: _____

WORKSITE CHECKLIST – Identify and correct hazards

Stairways	Acceptable	Addressed by action taken
1. Stairways with four or more stairs are equipped with stair rails or handrails		
2. Stairways are at least 22 inches wide		
3. Steps are uniform from top to bottom		
4. Steps are slip resistant		
5. Landing platforms are at least 30 inches in the direction of travel		
6. Landing platforms provide at least 20 inches of space beyond an open door		
7. Landings are same width as stairs		
8. The vertical distance between landings does not exceed 12 feet		
9. Handrails are 30-34 inches above the stair treads		
10. Handrails have at least 3 inches open space from wall		
11. Handrails can withstand a load of 200 pounds within 2 inches of the top edge		
12. Stair exists that open into vehicle traffic have barriers and warning signs		

Ladders (General)	Acceptable	Addressed by action taken
13. Ladders are in good repair and free of slippery surfaces		
14. Ladders are clean and not painted in a way that hides defects		
15. Ladders have UL-approved seal and designed to carry worker weights		
16. Ladders are used on a level, stable and non-slippery surface		
17. Ladders are only used for the purpose they were designed for (not tied together)		
18. Metal ladders are not used around power lines or near electrical equipment		
19. Ladders are not used near doors or similar hazards		
20. Ladders are not used horizontally like a platform		
21. Ladders are not moved or shifted while a worker is on it		
22. Workers always face the ladder when climbing and working		
23. Workers use tool belts or hand lines to keep hands free when climbing ladders		
24. Workers travel up and down ladders using 3-point contact always		
25. Workers keep body inside the side rails (do not lean out beyond the side rails)		
26. No work is performed during windy conditions		

Stepladders	Acceptable	Addressed by action taken
27. Stepladders are used fully open with spreaders locked in place		
28. The rear is never used for climbing or cross-bracing		
29. Workers never stand on the top cap or top step		

Extension Ladders	Acceptable	Addressed by action taken
30. Extension ladder rails extend 3 feet above the landing it rests on		
31. The base is positioned away from the wall at least 1/4 (a 1:4 ratio) of the landing height (e.g., for every 4 feet of height the base should be 1 foot out from the wall)		
32. The base is not positioned to far away and as close to the above 1:4 ratio		
33. For high places, the ladder is secured at the top		
34. Workers never step higher than the third rung from the top		

Job-made Ladders	Acceptable	Addressed by action taken
35. The ladder base and top are properly secured to prevent movement		
36. Ladder is placed on a stable and level surface		
37. Ladder is built with construction-grade lumber and designed to hold 4 times its intended weight load		
38. Ladders are built in accordance with ANSI standards		
39. Cleats are spaced 12 inches apart and fastened with 12d common wire nails along the side rails and with filler blocks in place between cleats (rungs)		
40. Cleats are 12 to 16 inches wide for travel		
41. Wood for cleats is at least 1 x 4 inch and for side rails at least 2 x 6 inch		
42. Rails extend 3 to 4 feet above the landing as hand rails, but cleats do not		
43. Job-made ladders are not used as work platforms - Only for travel		
44. Double-cleated ladders are available for worker numbers in excess of 25		

Guardrails	Acceptable	Addressed by action taken
45. Guardrails are at least 42 inches above the working surface with a 21-inch midrail (For normal openings the measurements can be within plus or minus 3 inches)		
46. Guardrails can withstand a load of 200 pounds within 2 inches of the top edge		
47. Midrails and added structures can withstand a load of 150 pounds		
48. Top rails and midrails must be at least 1/4 inch in diameter		

Guardrails	Acceptable	Addressed by action taken
49. If wire rope is used, then it is flagged every 6 feet with a high-visibility material		
50. All open sides above 10 feet have a 4-inch high toe-board		
51. Openings between railings do not exceed 19 inches		
52. Gates are used at access points		

Safety Nets (Not Provided) - Safety nets are not covered here. Please See OSHA requirements for safety nets (29 CFR 1926.502(c)).

Holes and Skylights	Acceptable	Addressed by action taken
53. Holes and skylights near work are protected by a cover and labelled as “Hole”		
54. A guardrail system is erected around the hole or skylight (a personal fall arrest system is an alternative)		

Work on Steep Roofs (greater than 4 in 12 vertical to horizontal)	Acceptable	Addressed by action taken
55. Workers are protected by one of the following: a guardrail system with toeboards; a safety net system or personal fall arrest systems		

Scaffolds	Acceptable	Addressed by action taken
56. Scaffolds were designed by a licensed professional engineer competent in scaffolding		
57. Scaffolds were erected under the supervision of a trained and competent person		
58. Scaffolds are in good repair and inspected by a competent person prior to use		
59. Planking is made of 2 x 10 inch scaffold grade lumber or metal		
60. Planking spans no more than 10 feet for light trades (25 pounds per square foot, psf), 8 feet for medium trades (50 psf) or 6 feet for heavy trades (75 psf)		
61. Planks overhang supports by 6 (minimum) to 12 inches (maximum)		
62. Uprights are plumb (vertical) and securely braced to prevent swaying		
63. The scaffold is tied off and secured to a stable structure		
64. All open sides above 4 feet have 42-inch high guardrails with a 21-ich midrail		
65. Guardrail supports are no more than 8 feet apart		
66. All open sides above 10 feet have a 4-inch high toe-board		
67. Ladders for access extend 3 feet above the platform and are securely attached		
68. No work is performed during windy conditions		

Aerial Lifts	Acceptable	Addressed by action taken
69. Aerial lifts are operated by a trained and qualified person in accordance with manufacturer's instructions		
70. Aerial lifts are in good repair and inspected by a competent person prior to use		
71. All open sides have a guardrail with a midrail or full enclosure		
72. Operators use a body harness with lanyard attached to the boom or basket (Note: this is recommended with scissor lifts as well)		
73. Lift is not moved with a worker elevated (unless permitted by manufacture)		
74. Aerial lifts are properly stabilized on firm, level surfaces and away from hazards		
75. Lifts are operated at least 10 feet away from energized overhead power lines		
76. Brakes are set and wheels chocked when on an incline		
77. Outriggers are used, if provided		
78. Load limits are not exceeded		
79. No work is performed during windy conditions (e.g., winds above 27 mph)		

Personal Fall Restraint Systems (Including Positioning Systems)	Acceptable	Addressed by action taken
80. Workers are trained on proper use and care of fall restraint systems		
81. Workers are using an approved safety harness and equipment that have been inspected for wear, damage and deterioration prior to use		
82. Defective components are removed from service		
83. The anchorage or connection point and lanyard and/or lifeline are approved and capable of withstanding at least 3,000 pounds per attached worker		
84. The fall restraint system will prevent the worker from falling downward		
85. Positioning devices are set up so a worker cannot free fall more than 2 feet		

Personal Fall Arrest Systems	Acceptable	Addressed by action taken
86. Workers are trained on proper use and care of fall arrest systems		
87. Workers are using an approved safety harness and equipment inspected for wear, damage & deterioration prior to use. Defective components are removed from service.		
88. The anchorage or connection point and lanyard and/or lifeline are approved and capable of withstanding at least 5,000 pounds per attached worker		
89. The fall arrest system will limit the maximum arresting force to 1,800 pounds		
90. The system is rigged so a worker cannot fall more than 6 feet nor contact a lower level or hazard		
91. Anchorages are designed, installed & used under the supervision of a qualified person		

Personal Fall Arrest Systems	Acceptable	Addressed by action taken
92. Horizontal and vertical lifelines are designed, installed and used under the supervision of a qualified person		
93. Vertical lifelines can be locked in both directions & are protected from cuts or abrasion		
94. Self-retracting lifelines or lanyards that limit free falls to 2 feet or less are designed to withstand a force of 3,000 pounds, fully extended		
95. Lanyards, lifelines and harnesses are made of synthetic fibers (ropes/straps)		
96. Snap hooks are locking type designed to prevent disengagement		

Fall Arrest Rescue Equipment	Acceptable	Addressed by action taken
97. Fall arrest rescue equipment and procedures are in place when fall arrest equipment are used		
98. Workers using fall arrest equipment are monitored		
99. Adequate trained personnel, rescue equipment and plans are available and in place to rescue a worker within 6 minutes of a fall arrest		
100. First aid equipment is available onsite		

Warning Line Systems (A Last Resort)	Acceptable	Addressed by action taken
101. Before considering use of a warning line system, all four priority fall protection controls 1 to 4 were evaluated and deemed not feasible by a qualified person		
102. The warning line is erected around all sides of roof work areas, 6 feet from the roof edge (with mechanical equipment use the perpendicular distance is 10 feet)		
103. The warning line is installed parallel to the leading edge		
104. The rope, wire or chain is within 34 to 39 inches from the walking surface and is flagged at 6 foot intervals with a highly-visible material		
105. The rope, wire or chain has a tensile strength of at least 500 pounds		
106. Stanchions are capable of resisting 16 pounds horizontal, outward force at the top		
107. The line is erected in such a way that pulling on one section will not result in slack being taken up in adjacent sections before the stanchion tips over.		

Controlled Access Zones (A Last Resort)	Acceptable	Addressed by action taken
108. Before considering use of a controlled access zone, all four priority fall protection controls 1 to 4 were evaluated and deemed not feasible by a qualified person		
109. The control line is erected around all sides of roof work areas, at least 6 to 25 feet from the roof edge (exception is 60 feet for precast concrete erection)		
110. The control line is installed parallel to the leading edge		
111. The line is within 39 to 45 inches (50 inches for overhand bricklaying) from the walking surface and is flagged at 6 foot intervals with a highly-visible material		

Controlled Access Zones (A Last Resort)	**Acceptable**	**Addressed by action taken**
112. The line has a tensile strength of at least 200 pounds		
113. For overhand bricklaying, the control line is 10 to 15 feet from the working edge, with only bricklayers permitted within the enclosed area(s)		
114. When a guardrail must be removed for overhand bricklaying, only that portion of the guardrail necessary for that day of work is removed		

Safety Monitoring Systems for Low-Slope Roofs (A Last Resort)	**Acceptable**	**Addressed by action taken**
115. Before considering use of safety monitoring, all four priority fall protection controls 1 to 4 were evaluated and deemed not feasible by a qualified person		
116. A trained and competent person (in the recognition of fall hazards) is designated to monitor workers and has no other duties to distract them from that function		
117. The monitor is present on the same walking or working surface as the workers		
118. The monitor is close enough to see and speak directly with workers		
119. Mechanical equipment are not being used or stored in monitoring areas		
120. All affected workers are trained on the fall hazards, warnings and procedures		

Corrective Actions Taken:

LADDER INSPECTION FORM

Inspection date: _____ Inspection completed by: _____

If items 1-9 and 11 are unchecked, then mark ladder as defective/damaged with a “Do Not Use” tag or similar until repaired.

Item	**1**	**2**	**3**	**4**	**5**	**6**
Ladder ID number						
Size, Type, Construction						
1. Warning labels legible						
2. No broken or missing rungs						
3. No broken, split or missing rails						
4. No corrosion						
5. Feet intact and operational						
6. No loose bolts/rivets						
7. No cracks in fiberglass or wood						
8. No deformation/dents in rails/bracing						
9. Locking bar/ device operational						
10. Repairs made during inspection						
11. Ladder in good condition & can be used						