Northern Illinois University

Fall Protection and Rescue Plan Form

Department	Five Johns L	Site Location	Various Constru
Job Task	General Labor / Construction		
Job Location/Description	Multiple job sites, primarily involving erectin		

Plan prepared by	John Smith	Date	2024-

- **Workers must review and sign this plan prior to starting work. Workers must understand this plan and be trained in fall protection and the systems and equipment that will be used.**
- **This plan must be posted at the worksite for the duration of work activities.**

1. Identify potential fall hazards (check all that apply) Floor openings, Ladders \(fixed o			
☐	Mobile elevating work platforms	☐	Stairways
☐	Excavations/trenches	☐	Roof steep slope (greater than 4:12)
☐	Floor openings X	☐	Roof low slope (4:12 or less)
☐	Wall openings	☐	Swing fall
☐	Skylight openings	☐	Hazardous process/equipment
☐	Roof openings	☐	Debris/objects falling to lower level X
☐	Elevator shaft	☐	Sharp edges
☐	Ladders (fixed or portable) X	☐	Reinforcing steel installation X
☐	Scaffold X	☐	Other: Unguarded Edges

2. Describe the fall hazard(s) details
Unprotected floor openings on scaffolding and during demolit

3. Identify fall protection systems to be used Guardrail system, Personal fall arrest sy			
☐	Guardrail system X	☐	Aerial lift
☐	Covers (holes and openings)	☐	Horizontal lifeline
☐	Appropriate anchors for systems used	☐	Vertical lifeline and rope grab
☐	Personal fall arrest system X	☐	Warning line
☐	Personal fall restraint system	☐	Safety monitor X
☐	Positioning device system	☐	Safety watch
☐	Scaffold with guardrail X	☐	Other: Hole Covers
☐	Scissor lift	☐	Other: Controlled Access Zones

4. Describe procedures for assembly, maintenance, inspection, disassembly of fall protection system to be used

All fall protection equipment \(harnesses, lanyards, lifelines

5. Describe procedures for handling, storage, securing tools and materials

Tools will be secured with tool lanyards. Materials will be ho

6. Identify methods of overhead protection for workers who may be in, or pass through the area below worksite

☐	Barricading X	☐	Toe boards/screens on scaffolds X
☐	Hard hats required X	☐	Toe boards/covers on floor openings X
☐	Catch net	☐	Screens on guardrails X
☐	Warning signs X	☐	Secure large tools X
☐	Tool belts X	☐	Other: Safety Glasses
☐	Tool lanyards CALL 911 IF FALL OCC	☐	Other:

7. Identify method for prompt, safe rescue of injured workers **CALL 911 IF FALL OCCURS**

☐	Police/Fire Response Local Fire D	☐	Self-Rescue Options? Self-rescue may be
☐	On-Site Equipment Available: Ladders, Lifts, Winches, Pulleys, Work Platforms, etc? Power Lines,	☐	On-Site Attendants John Doe, John Roe
☐	Obstructions that may impede rescue? Crowded job sites, stac	☐	Methods of Communication with Injured Worker: Cell Phone Numbers 1) 2) Supervisor: John Davis On-Site Attendant: John Smith Injured Employee: Unknown

8. Identify method used to determine adequacy of anchorage points

☐	Evaluation by professional engineer	☐	Existing engineering/design documents For engineere
☐	Manufacturer's data Evaluated by the	☐	Other: Designated points on steel beams or

9. Describe and identify locations of anchorage points

Anchorage points will be identified by a competent person be

10. Select system components Full body harness, Lanyard, Carabiner, Personal s

☐	Full body harness X	☐	Choker
☐	Vertical lifeline X	☐	Carabiner X
☐	Horizontal lifeline	☐	Rope grab X
☐	Lanyard X	☐	Personal shock absorber X
☐	Boatswains chair	☐	Beamer
☐	Connecting devices (identify) Carabine	☐	Anchorage points (identify) Steel I-beams, p

☐	Other: Retractable Lifeline	☐	Other: Cross-arm straps

11. Distance from anchor to ground, lower level or obstruction

Varies based on location.

12. Calculated minimum fall clearance

Varies based on lanyard lengt

13. Inspection Checklist Identification tags, Integrity of stitchin

☐	Identification tags X
☐	Horizontal lifeline tension is correct
☐	Integrity of stitching in shock absorber X
☐	Integrity of stitching in harness/lanyard X
☐	Manufacturers assembly/disassembly instructions
☐	Locking capability of retractable lanyards assured X
☐	Locking capability of carabiners assured X
☐	Locking capability of snap hooks assured X
☐	Knots and other connection methods do not weaken lifeline X
☐	Lifelines installed and protected from cuts or abrasions X
☐	Rope (wear, fraying, damage, mildew) X
☐	Lanyards (wear, fraying, damage, mildew) X
☐	D-rings have adequate strength, are not cracked or deformed X
☐	Guardrails are sound and of adequate strength X
☐	Devices that are used to connect to horizontal lifelines lock in both directions
☐	Anchorage points provide adequate strength and are capable of meeting requirements
☐	Hole covers are secured, marked and capable of withstanding anticipated weight loads
☐	Warning line meets strength and other requirements
☐	Safety Monitor is Competent Person, can see workers, is close enough to communicate, has no other duties
☐	Safety Watch is Competent Person, can see worker, is close enough to communicate, has no other duties
☐	Other Fall Restraint Systems used correctly.
☐	Other Pre-planning for all work at height.

14. Employee(s) trained to work under this plan Name print John Smith

Name (print)	Signature	Date
	[Signature of John	2024-01-26
John Doe	[Signature of John	2024-01-26
John Roe	[Signature of John	2024-01-26
John Davis	[Signature of John	2024-01-26
John Paul	[Signature of John	2024-01-26

Name/title of Competent Person who provided training under this plan

Jane Miller, Safety Manager

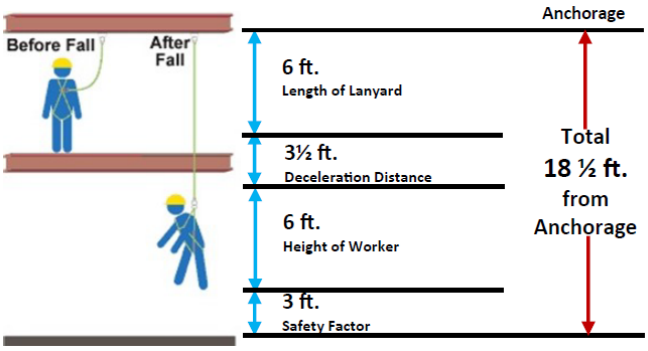
15. Work plan approval(s) Name of lead worker or supervisorRow1		
Name of lead worker or supervisor	**Signature**	**Date**
	[Signature o	2024-01
Name of Competent Person (If engineered system: Name of Qualified Person)		
Jane Miller		
If administrative controls: Name of department manager		
John Doe		

Calculating Fall Clearance using a Shock Absorbing Lanyard

Example:

- First, add the length of the shock absorbing lanyard (6 ft.) to the maximum elongation of the shock absorber during deceleration (3 ½ ft.) to the average height of a worker (6 ft.)
- Then, add a safety factor of 3 ft. to allow for the possibility of an improperly fit harness, a taller than average worker and/ or a miscalculation of distance.
- The total, 18 ½ ft. is the suggested safe fall clearance distance for this example.

NOTE: Should the shock absorbing lanyard be used in conjunction with a cross-arm anchorage connector or other, the additional length of the anchorage connector must be taken into consideration.

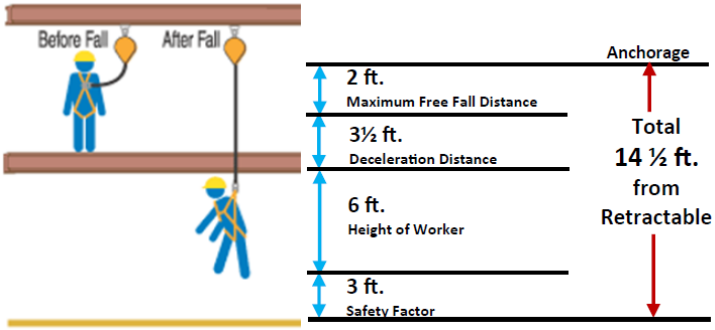


Calculating Fall Clearance using a Self-Retracting Lifeline

Example:

- First, add the maximum free fall distance (2 ft.) with a retractable lifeline to the maximum deceleration distance (3 ½ ft.) to the average height of a worker (6 ft.)
- Then, add a safety factor of 3 ft. to allow for the possibility of an improperly fit harness, a taller than average worker and/ or a miscalculation of distance.
- The total, 14 ½ ft. is the suggested safe fall clearance distance for this example.

NOTE: When using a retractable lifeline, the distance is calculated from the point where the retractable attaches to the back D-ring of the worker's harness.



Fall clearance is the minimum vertical distance needed between the anchor point and a lower level (this can be the ground or lower obstruction) with a safety factor to prevent the worker from hitting the lower level in a fall.

What is the distance from the anchor point to the ground or lower level where a worker would fall?

If a worker falls, when wearing a fall protection system, what is the <u>minimum fall clearance</u> from the anchor point to the worker's feet including a 3 ft. safety factor? (Calculate as shown below)

The calculated minimum fall clearance of a specific fall protection system may **never** be equal or greater than the distance between the anchor point and the lower level.

Description Lanyard length	**Distance (ft.)**
Lanyard length or free fall distance for self-retracting lifeline	6
Maximum allowable deceleration distance 3 ‰ ft.	**3 ½ ft.**
Worker's height	6
Other components if applicable	0
Safety factor 3	**3**
Minimum fall clearance (sum of above)	18.5