



FALL PROTECTION PLAN

Contract Name: _____
Fall Protection Supervisor: _____

Date: _____
Review Date: _____

Important Notes

1	Each contract to review the fall protection plan and to amend the plan according to the requirements on the contract.
2	Each contract to indicate whether the SITE ACTIVITY is relevant to that contract or not (tick YES or NO block).
4	The fall protection plan must be implemented and must be made available to inspectors on request.
5	All workers working in elevated positions must be medically and psychologically fit to work.
6	Workers will not be allowed to work in any elevated positions during inclement weather conditions.
7	Safety Belts (chain or rope) are only used to prevent workers from going near drop off edges and are not recognized as a fall arrest system.
8	A Safety Harness must have a double lanyard with a shock absorber attached.
9	Fall protection PPE must be attached to a secure structure, if this is not possible then a secured lifeline is to be installed.
10	All fall protection PPE must be inspected monthly onto a register by the appointed person.
11	All workers issued with fall protection PPE must undergo training in the correct use of such PPE.
12	Workers receiving PPE must sign for the equipment along with signing acknowledgement of the training and risk assessments.
13	Contractors conducting work in elevated positions must provide a suitable fall protection plan, risk assessment and proof of training of their workers.

APPLICABLE		SITE ACTIVITY	PREVENTATIVE MEASURES	RESPONSIBLE PERSON/S	TRAINING
YES	<u>WORK AREAS</u>	Possible tripping and falling onto the same level in work areas.	1. Maintain good housekeeping principles at all times. 2. Stacking of material to be controlled in demarcated areas. 3. Excess material on site to be continually removed. 4. Building rubble to be continually removed. 5. Housekeeping along with stacking to be monitored daily by all area supervisors.	1. Area work supervisor. 2. Appointed Stacking and Storage Supervisor. 3. Safety Officer 4. Safety Representatives	1. Items to be covered in general induction.

YES	<u>OPEN HOLES</u>	Open manholes, duct openings and other open holes where workers may fall through.	<ol style="list-style-type: none"> 1. Demarcation with wire and danger tape (zigzag). 2. General warning signs to be placed in prominent areas. 3. Open holes in public areas must have a physical barrier of 1m high, warning signs and warning lights at night. 4. Where barricades are not possible then open holes must be covered with a cover plate or board which must be secured and able to take the weight of 200kg. 	<ol style="list-style-type: none"> 1. Area work supervisor. 2. Safety Officer 3. Safety Representatives 	1. Items to be covered in general induction with all employees.
YES	<u>STAIRCASES</u>	This refers to temporary and permanent staircases found on site where workers may trip & fall.	<ol style="list-style-type: none"> 1. Staircases with 3 or more landings must have handrails on both sides. 2. Staircases must have secure and safe landings where workers can rest. 3. Temporary staircases must be erected according to manufacturing specifications and must be suitable for the task at hand. 4. Workers may not carry material up or down single route temporary staircases (only small tools). 5. The sides of temporary staircases must be sufficiently closed off to prevent workers and material falling through. 	<ol style="list-style-type: none"> 1. Area work supervisor. 2. Safety Officer 3. Safety Representatives 	1. Items to be covered in general induction with all employees.
YES	<u>LIFT SHAFTS</u>	Lift shafts remain open during the construction phase posing various risks of falls of both workers and material.	<ol style="list-style-type: none"> 1. All lift shaft openings must be have a physical barrier across the opening and at two levels - 500mm and 1000mm (not danger tape alone) 2. Barriers across the openings must be sufficiently secured and strong enough to prevent a person falling through. 3. Contractors working in the shafts must be instructed to replace barricades when removed. 4. Rubble and material must be kept away from all lift shaft openings. 	<ol style="list-style-type: none"> 1. Area work supervisor. 2. Safety Officer 3. Safety Representatives 	1. Items to be covered in general induction with all employees.

YES	<u>DROP OFF EDGES</u>	Areas such as slab edges, floor edges and concrete decks under construction.	<p>1. All drop off areas on any level must have a physical barricade strong enough to prevent a worker from moving over the edge. (not danger tape alone)</p> <p>2. Handrails must be erected around all decking levels and must be placed after the decking panels have been put in place (prior to reinforcing activities).</p> <p>3. Edge barricading must be maintained daily and replaced immediately after work is carried out in the area.</p> <p>4. If the edge cannot be barricaded then workers in the area must have a safety belt (chain or rope type) attached to a secure structure or system, to prevent them from going to close to the edge.</p>	<p>1. Area work supervisor.</p> <p>2. Safety Officer</p> <p>3. Safety Representatives</p>	<p>1. Items to be covered in general induction.</p> <p>2. Items contained in the risk assessment to be addressed with relevant workers.</p>
			<p>5. Workers that work on or over the edge must have a full body harness (double lanyard with shock absorber) attached to a secure structure or system, to prevent them from falling and to reduce the effect of a fall.</p> <p>6. Signs warning workers of drop off areas must be posted in prominent areas.</p>		
YES	<u>ACCESS SCAFFOLDING</u>	Access scaffolding utilized by various trades.	<p>1. Working areas to be fully boarded creating a safe platform which is secured to the scaffold structure.</p> <p>2. Safe access (ladder / staircase) to be provided to the working platform.</p> <p>3. Platform to have handrails all around (900mm) except on the working face.</p> <p>4. Platform to have knee rail and toe boards present when material is placed on the platform boards.</p> <p>5. If the platform has no handrails then workers must have a safety belt (chain or rope type) attached to a secure structure or system, to prevent them from going to close to the edge.</p> <p>6. Workers that work over the platform edge must have a full body harness (double lanyard with shock absorber) attached to a secure structure or system, to prevent them from falling and to reduce the effect of a fall.</p> <p>7. Scaffold structures to be inspected weekly and after inclement weather by the appointed person.</p>	<p>1. Area work supervisor.</p> <p>2. Appointed Scaffold Supervisor</p> <p>3. Safety Officer</p> <p>4. Safety Representatives</p>	<p>1. Items to be covered in general induction.</p> <p>2. Items contained in the risk assessment to be addressed with relevant workers.</p>