## Cal/OSHA Fall Protection

1. **Purpose**

The purpose of this procedure is to establish policies to prevent falls.

1. **Responsibilities**

The safety director is the qualified person responsible for preparing and reviewing this program.

The Supervisor shall:

* Assure that 100% fall protection is used whenever employees or contractors must work more than 6 feet above the main working level in an area that is not provided with guardrails.
* Periodically inspect and document fall prevention and fall protection equipment.
* In the event of a fall, every effort will be made to promptly rescue the worker. Workers will use the buddy system so that there is always another worker available for rescue.

1. **General**

* 100% fall protection is required when workers are higher than 6 feet above the main working level in an area without guardrails. This includes work near and around excavations.
* No fall protection equipment will be purchased or used that does not meet the standards set by ANSI, ASTM, and OSHA.
* Controlled access areas are not permitted, a safety harness or guardrails must be used.
* All accidents, serious incidents, and near misses will be investigated, implementing changes to the fall protection plan as necessary.
* Safety nets or safety nets systems are not to be uses.
* All fall protection plans must be prepared by a qualified person and developed specifically for the site where the construction work is being performed. During work operations all fall protection plans must be evaluated at the beginning of each work shift.
* All controlled access zones must be restricted by chain link fencing of no shorter than 6 feet. The fencing must be constructed in such a manner that entry into the controlled access zones is prohibited to a single point of entry. The single point of entry must be monitored by a competent person at all times.
* Waste, materials, or tools shall not be thrown from buildings or structures at any time. All materials must be lowered from an elevated structure in a controlled manner by use of cranes, elevators or other system designed for such a purpose.
* All guardrails will have a top rail, midrail and posts, with a vertical height of 42 inches (minimum) to 45 inches (maximum) from the upper surface of the top rail to the floor.

1. **Procedure**

Fall arresting equipment shall be used when personnel are working in exposed areas where they might be subject to the force of a fall. A fall arresting system includes:

* Full body harness. Full body harnesses shall be used instead of safety belts.
* Lanyard.
* Fall brake.
* Tie off point (anchor).

**Fall Arrest Systems Must:**

* When used with a body harness, limit maximum arresting force on an employee to 1,800 pounds.
* Be rigged so that an employee can’t free fall more than 6 feet or contact any lower level. When possible the anchor end of the lanyard should no lower than waist height.
* Bring an employee to a complete stop and limit maximum deceleration distance an employee travels to 3.5 feet.
* Be able to withstand the impact energy of an employee free falling a distance of 6 feet, or the free fall distance permitted by the system, whichever is less.

**Lanyards**

Lanyards must be specifically designed for service as a lanyard. The minimum strength for a conventional lanyard is 5000 lbs.; the minimum strength of a self retracting lanyard is 3000 lbs.

**Snap hooks**

Double locking snap hooks must be used to connect the harnesses, fall brakes, and tie off points using double locking snap hooks.

**Fall Brakes and Self-Retracting Lanyard**

Fall brakes or self-retracting lanyards must be used with fall arresting systems.

**Tie Off Points**

* Tie off points must be capable of supporting 5000 lbs per attached person.
* Tie off points must be positioned as directly above and behind the worker if possible.
* Tie off points must incorporate a D-ring so that the lanyard can be connected.
* Do not connect to tie off points by attaching lanyards back onto themselves. When using man lifts, check the manufacturer’s operators manual for correct tie off points. Workers must stay on the floor of the man lift. They are not to climb the side rails.

**Positioning Systems**

* Positioning devices will be rigged in such a manner that an employee wont free fall more than 2 feet.
* All positioning device systems will be inspected prior to each use for wear, damage, deterioration, and defective components. Any positing devices that fail inspection shall be removed from service immediately.
* Non-locking snaphooks will not be used.
* Anchorage points for positioning device systems must be capable of supporting two times the intended load or 5,000 pounds, whichever is greater.

1. **Inspection and Maintenance**

The job supervisor shall periodically inspect all components of fall arresting systems. All components of a fall arresting system must be inspected by the user before use.

Potential problems include but are not limited to:

* Damaged webbing.
* Chemical contamination.
* Broken stitching.
* Corrosion.
* Missing components.
* Damaged or defective equipment must be removed from service and replaced.

1. **Training**

All workers who might be exposed to fall hazards must be trained in the use of fall protection, how to recognize fall hazards and how to minimize these hazards. Any time there is a change in the conditions, deficiencies in the use of fall protection, or change in the equipment, workers will be retrained in the safe use of the fall protection system. Training will be documented in the Safety Training Matrix. A certification will be completed for each worker trained; this will include the date trained and the signature of the trainer.

1. **Personal Floatation Protection**

* All personnel who are suspended over the water or working on the water, such as a barge tender or dock where the danger of falling into the water exists, shall wear a U. S. Coast Guard approved work vest.
* When in use, the work vest shall be properly donned and securely fastened.