SDS Lumber Company LLC

P.O. Box 480
Carson, WA 98610
(509) 493-2155

Fall Protection Program

Prepared by: Vernon Buchanan
ESHS Manager
SDS Lumber Company

GENERAL INFORMATION

Name of Facility: SDS Lumber LLC
Type of Facility: Wood Products Manufacturing, SIC Codes 2421, 2435
Location of Facility: 123 Industrial Road
Bingen, WA 98605
Phone Number: (509) 493-2155

Owner: P.O. Box 480
Carson, WA 98610
Phone Number: (509) 493-2155

CERTIFICATION

SDS LUMBER LLC MANAGEMENT APPROVAL

The SDS Lumber Company Fall Protection Program will be implemented as herein described.

Name: _____ Title: _____

Signature: _____ Date: _____

SDS LUMBER LLC SAFETY MANAGER APPROVAL

The designated person responsible for Safety procedures, reporting, and training at this facility is:

Name: _____ Title: _____

I hereby certify that as the designated person, I have thoroughly examined this Safety Policy Plan, I understand it, and agree to put it into effect.

Signature: _____ Date: _____

SCOPE

This Fall Protection Program applies to all SDS Lumber Company employees that perform work duties on elevated surfaces.

PURPOSE

This plan is designed to establish guidelines to protect employees engaged in work activities where fall hazards are present. The goal of protecting workers from fall hazards will be accomplished through education, engineering and administrative controls, use of fall protection systems, and enforcement of the SDS Lumber Company Fall Protection Program.

RESPONSIBILITIES

Management – It is the responsibility of SDS Lumber Company management to implement this Fall Protection Program. SDS Lumber Company is responsible for continual observational safety checks of their work operations and to enforce the safety policy and procedures.

Immediate Supervisor – It is the responsibility of the immediate supervisor to design a site specific work plan. The immediate supervisor is responsible for the continual observational safety checks of the work, enforcement of safety policies and procedures and correction of any unsafe acts or conditions immediately.

Employee – It is the responsibility of the employee to understand and adhere to the work plan and to follow the instructions of their immediate supervisor. It is also the responsibility of the employee to bring to management's attention any unsafe or hazardous conditions or acts that may cause injury to either themselves or any other employee.

REVIEW OF PROGRAM

The Fall Protection Program will be reviewed at least once a year by the Safety Manager. This review will encompass changes in regulations, safety hazards as related to fall protection, changing demands and changes in technology.

TYPES OF FALL PROTECTION SYSTEMS

1. Standard Guardrail System
2. Personal Fall Protection Systems
3. Horizontal Lifeline System
4. Warning Line System with Safety Monitor

FALL HAZARDS AT SDS LUMBER COMPANY

Fall protection is required wherever the potential to fall 10 feet or more exists. Examples of areas at SDS Lumber Company requiring the use of fall protection include:

- All flat and low sloped roof locations, when within 6 feet of the roof edge (4:12 pitch or less).
- On roofs when within six feet of skylights, or skylight openings.
- Open-sided floors, platforms, walking/working surfaces that are missing guardrail protection.
- When bypassing (climbing outside, etc.) of an elevated protective guardrail system.
- Within six feet of unguarded floor openings, hatchways, manholes, etc.
- Within six feet of mezzanine edges.
- Working from stilts, a ladder, or other elevated means that would allow a falling worker to pass over a standard guardrail system.
- Working from, assembling, or disassembling scaffolding.
- When on fixed ladders above 20 feet in height.
- When on extension ladders above 24 feet in height.
- All tasks requiring the use of articulating man lifts.
- All open pits or excavations.

FALL PROTECTION GUIDELINES

This Fall Protection Program will utilize a three-step systematic approach for protecting people from falls.

Elimination of fall hazards is the first and best line of defense against falls from heights and a careful assessment of the work and the workplace in the early stages of design/engineering and planning. Questions should be raised about fall protection by a competent and or a qualified person regarding the worksite and the work itself. It is imperative that fall protection design be considered for the safety of employees that must work at heights, which also includes their safety during access and egress from elevated work sites. Addressing fall protection in the early phases of a project means that safety can be designed into the work process, not added as an afterthought. For example, a project can be designed so that anchorages for securing fall arrest systems could be provided at strategic locations.

Prevention of falls is the second line of defense when fall hazards cannot be entirely eliminated. This step of fall protection also requires an assessment of the workplace and process. It involves making changes to the workplace so as to preclude the need to rely on the worker's behavior and personal protective equipment to prevent falls. Examples include the use of stairs, guardrails, complete scaffolds, aerial lifts and hole covers. These techniques deal with preventing the fall before it happens.
The control of falls is the last line of defense and incorporates the use of fall arrest equipment. This step should only be considered after determining that the fall hazard cannot be eliminated or the possibility of falling prevented. It includes such equipment as full body harnesses, lanyards, shock absorbers, lifelines, and anchorage connectors. Fall protection necessitates a careful assessment of the workplace in order to select the most appropriate equipment and to install and use it properly.

GUARDRAILS

Protective railing systems are required for any open-sided floors, platforms, and walkways with a 48 inch or greater fall hazard. Regardless of height, walkways above or adjacent to dangerous equipment, pickling or galvanizing tanks, degreasing units, and similar hazards must be guarded with a protective railing system.

All guardrails systems will comply with the specifications of Washington Administrative Code (WAC) 296-24-75011. If a protective railing system is removed or damaged, an alternate form of fall protection will be required to protect any workers exposed to a fall hazard until the guardrail system is replaced.

A standard railing shall consist of a top rail, intermediate rail, and posts, and shall have a vertical height of forty-two inches plus or minus three inches from the upper surface of top rail to floor, runway, or ramp level and:

- The top rail shall be smooth surfaced throughout the length of the railing.
- the intermediate rail shall be approximately halfway between the top rail and the floor, platform, runway, or ramp.
- The ends of the rails shall not overhang the terminal posts except where such overhang does not constitute a projection hazard.
- Guardrails with heights greater than 42 inches are permissible provided the extra height does not create a dangerous situation for employees and that additional mid-rails were installed so that openings beneath the top rail would not permit the passage of a 19-inch or larger spherical object.

PERSONAL FALL PROTECTION SYSTEMS

All employees utilizing a personal fall arrest or fall restraint system will follow these guidelines:

- A full-body harness will be used.
- A shock absorbing lanyard is to be used as a component of a Fall Arrest System.
- A standard lanyard, non-shock absorbing, is to be used as a component of a Fall Restraint System.
- All lanyards will have double locking snap hooks.
- Components of a personal fall protection system are to be inspected before each use. Any parts that are deteriorated, bent, defective, damaged, impacted, mildewed, or otherwise showing signs of excessive wear shall be removed from service.

The maximum allowable free fall distance is six feet. Consideration must be given to the total fall distance. The following factors can affect total fall distance:

- Length of connecting means (i.e, lanyard length, lifeline length, use of carabineers, etc.)
- Position and height of anchorage relative to work platform/area (always anchor overhead when possible).
- Point where lanyard attaches to harness.
- Deployment of shock absorbing lanyard.

- Movement in the lifeline.
- Initial position of worker before free fall occurs (i.e., sitting, standing, etc.)

HORIZONTAL LIFELINE SYSTEM

Horizontal lifelines shall be designed, installed, and used, under the supervision of a qualified person, as part of a complete personal fall arrest system, which maintains a safety factor of at least two. Lifeline systems must be engineered to have appropriate anchorages, line strength, and other components capable of arresting the fall of a designated number of workers and supporting their suspended weight.

WARNING LINE SYSTEM

All work on low-pitched (4:12 pitch or less) or flat roofs, greater than 50 feet wide, which is performed six feet or further from the edge of the roof can be completed by installing a Warning Line and using a Safety Monitor. Warning Line Systems will consist of the following:

- Warning lines will be erected around all sides of the work area.
- The warning line will be erected not less than six feet back from the edge of the roof.
- When mechanical equipment is being used, the warning line will be erected not less than six feet back from the roof edge which is parallel to the direction of mechanical equipment, and not less than ten feet from the roof edge which is perpendicular to the direction of mechanical equipment operation.
- The warning line shall consist of a rope, wire, or chain.
- The warning line shall be flagged at not more than six foot intervals with a highly visible material.
- The warning line shall be supported by posts (stanchions) capable of resisting a force of sixteen pounds, applied horizontally, without tipping over.
- The line shall be attached in such a way that pulling on one section of the line between stanchions will not result in slack being taken up in adjacent sections before tipping over.
- The warning line shall be rigged and supported in such a way that its lowest point (including sag) is no less than 36 inches from the roof surface and its highest point is no more than 42 inches from the roof surface.
- The warning line shall have a minimum tensile strength of 200 pounds, and after being attached to the stanchions, shall be capable of supporting, without breaking, the loads applied to the stanchions.

If an employee must access an area within six feet of the roof edge, for reasons other than exiting the roof via a ladder, another employee must monitor that individual and warn of any dangers. If a Safety Monitor is unavailable, the employee must utilize a personal fall protection system.

A person acting in the capacity of Safety Monitor shall be trained in the function of both the Safety Monitor and warning lines systems and shall be:

- Be a competent person as defined in WAC 296-155-24503.
- Have control authority over the work as it relates to fall protection.
- Be instantly distinguishable over members of the work crew.
- Engage in no other duties while acting as Safety Monitor.
- Be positioned in relation to the workers under their protection, so as to have a clear, unobstructed view and be able to maintain normal voice communication.
- Not supervise more than eight exposed workers at one time.
- Warn the employee when it appears that the employee is unaware of a fall hazard or is acting in an unsafe manner.

INSPECTION OF FALL PROTECTION SYSTEMS

Full Body Harnesses

Inspect before each use.

- Closely examine all of the nylon webbing by grasping with your hands 6-8 inches apart. Bend the webbing into an inverted "U" shape. The surface tension resulting makes damaged fibers or cuts easier to detect. Follow this procedure the entire length of the webbing, inspecting both sides of each strap. Look for frayed edges, broken fibers, pulled stitches, cuts, burns and chemical damage.
- Check D-rings for distortion, cracks, breaks, and rough or sharp edges. The D-ring should pivot freely.
- Ensure that attachment points for D-rings and buckles are free of unusual wear, frayed or cut fibers, or broken stitching.
- Verify that buckles operate correctly and are not deformed, cracked, or damaged.
- Check to see that each grommet (if present) is secure and not deformed.
- The harness should be free of additional punched holes.
- All rivets should be tight and not deformed.
- Check tongue/straps for excessive wear from repeated buckling.

Lanyards/Shock Absorbing Lanyards

When inspecting a lanyard, begin at one end and work to the opposite end, slowly rotating the lanyard so that the entire circumference is checked. Additionally, follow the procedures below.

Inspect before each use.

- Inspect snap hooks for hook and eye distortion, cracks, corrosion, or pitted surfaces. The keeper latch should seat into the nose without binding and should not be distorted or obstructed. The keeper spring should exert sufficient force to firmly close the keeper. Keeper locks must prevent the keeper from opening when the keeper closes.
- Wire Rope Lanyard – while rotating the wire rope, watch for cuts, frayed areas, or unusual wearing patters on the wire. Broken strands will separate from the body of the lanyard.

- Web Lanyard – while bending webbing into a “U” shape, observe each side of the webbed lanyard. Look for cuts, breaks and broken stitching. Swelling, discoloration, cracks and charring are signs of chemical or heat damage.
- Rope Lanyard – Rotate the rope lanyard while inspecting from end-to-end for any fuzzy, worn, broken or cut fibers. Weakened areas from extreme loads will appear as a noticeable change in original diameter. The rope diameter should be uniform throughout.
- Shock Absorbing Lanyard - while bending webbing into a “U” shape, observe each side of the webbed lanyard. Look for cuts, breaks and broken stitching. Swelling, discoloration, cracks and charring are signs of chemical or heat damage. Also look for signs of deployment such as torn stitching, warning flag, or other evidence. Any lanyards that have been deployed are to be removed from service.

Self-Retracting Lanyards/Lifelines

Inspect before each use.

- Visually inspect the outer casing to ensure it is free from damage.
- Make sure all nuts and rivets are tight.
- Make sure the entire length of the nylon strap/wire rope is free of cuts, abrasions, kinks, knots, broken strand/stitches, etc.
- Test the unit by pulling sharply on the lanyard/lifeline to verify that the locking mechanism is operating correctly.
- If recertification is specified by the manufacturer, make certain the self-retracting lanyard/lifeline is returned to the manufacturer and recertified on an annual basis. Do not use self-retracting mechanisms that are past due for recertification.

STORAGE AND MAINTENANCE OF FALL PROTECTION EQUIPMENT

- Never store the personal fall protection equipment in the bottom of a toolbox, on the floor/ground, or in other areas with exposure to potentially damaging forces.
- Store equipment in a cool, dry location in a manner that retains its original shape.
- Never store equipment near excessive heat, sparks, chemicals, moisture, or sunlight.
- When hanging a fall protection harness on a nail or other projection, hang the harness from the D-ring rather than the more easily damaged webbing.
- Clean fall protection equipment with a **mild** solution of water and non-abrasive soap. Dip a sponge in the solution and work up a lather with a vigorous back and forth motion; then wipe with a clean cloth. Hang to air dry away from excessive heat. Equipment should dry thoroughly without close exposure to heat, steam, or long periods of sunlight.
- After being exposed to a fall, immediately remove equipment from service.

TRAINING OF EMPLOYEES

The employer shall ensure that employees are trained as required by this section. Training shall be documented and shall be available on the job site.

Employees shall be trained in:

- Identification of the fall hazards present in their work area.
- The methods of fall protection they will be utilizing.
- The procedures for the assembly, maintenance, inspection and disassembly of fall protection systems.
- The correct procedures for the handling, storage, and securing of tools and materials.
- The methods of providing overhead protection for workers below the work site.
- The methods for the prompt, safe removal of injured workers.

A person acting in the capacity of Safety Monitor shall be trained in the function of both the safety monitor and warning line systems.

Retraining – When the employer has reason to believe that any affected employee who has already been trained does not have the understanding and skill required by subsection (1) of this section, the employer shall retrain such employee. Circumstances where retraining is required include, but are not limited to, situations where:

- Changes in the workplace render previous training obsolete; or
- Changes in the types of fall protection systems or equipment to be used render previous training obsolete; or
- Inadequacies in an affected employee's knowledge or use of fall protection systems or equipment indicate that the employee has not retained the requisite understanding or skill.

RESCUE PROCEDURES

An employee who falls must be rescued within 15 minutes to avoid permanent physical harm. To ensure prompt rescue of workers involved in falls, emergency medical services should be contacted immediately if the worker is not able to self-rescue after a fall.

DEFINITIONS

Anchorage – A secure point of attachment to which lifeline, lanyards or deceleration devices are affixed. An anchorage is often a beam, girder, column, floor, etc.

Beam Trolley – rolling anchorage that secures to a beam (I-beam, H-beam, etc.).

Body Belt/Safety Belt – A strap with means both for securing it about the waist and for attaching it to a lanyard, lifeline, or deceleration device. The use of a body belt is for positioning or carrying tools only and never to be used for fall arrest.

Carabineer – A trapezoid or oval shaped connector component with a gate or similar arrangement that remains closed until it is intentionally opened for connection or disconnection.

Competent Person – A person who is capable of identifying hazardous or dangerous conditions in the personal fall arrest system or any component thereof, as well as in their application and use with related equipment.

Deceleration Device – Any mechanism, such as a rope grab, rip-stitch lanyard, automatic self-retracting lifeline or lanyard etc., which serves to dissipate a substantial amount of energy during a fall arrest, or otherwise limit energy imposed on an employee during fall arrest.

Descent Device – A device or piece of equipment used to escape from an elevated structure such as a work platform, tower, column, etc.

Energy Shock Absorber – a device that limits shock-load forces on the body. Some lanyards have built-in shock absorbers. Most energy shock absorbers are made of a webbing material with tear away stitching designed to gradually absorb the fall arrest load.

Fall Arrest System – A system specifically designed to secure, suspend, or assist in retrieving a worker in or from a hazardous work area. A fall arrest system may not prevent a fall, but it will reduce the fall distance and prevent or reduce injury. The basic components of a fall arrest system include an anchorage, anchorage connector, lanyard, shock absorber, full-body harness and self-locking snap hook.

Fall Hazard – A condition or situation that could result in a fall.

Fall Prevention – Eliminating fall hazards during all phases of work at heights, including access and egress. Examples of fall prevention measures include the use of complete scaffolds, aerial lifts, etc.
Fall Protection Systems – Will normally consist of one or a combination of the following three systems: Guardrail Systems, Safety Net Systems, and Personal Fall Arrest Systems.

Fall Restraint System - A fall protection system that prevents the user from falling any distance. The system is comprised of either a body belt or body harness, along with an anchorage, connectors and other necessary equipment. The other components typically include a lanyard, and may also include a lifeline and other devices.

Free Fall – The act of falling before the personal fall arrest system begins to react by applying force to arrest the fall.

Full-Body Harness – A device with straps that can be attached to a fall arrest system. The straps are fastened around a person's body to contain the torso and distribute fall arrest forces over at least the upper thighs, pelvis, chest and shoulders.

Lanyard – A flexible line that secures a person wearing a harness to an anchorage, anchorage connector, or drop line. A lanyard must have a minimum breaking strength of 5,000 pounds.

Lifeline – A flexible vertical or horizontal line, secure to an anchorage or between two anchorages, to which a lanyard or harness can be attached.

Qualified Person – One who, by possession of a recognized degree or professional certificate, or by extensive knowledge and experience in the subject field is capable of design, analysis, evaluation and specifications in the subject work, project or product.

Retractable Lifeline – A fall arrest device that allows free travel without slack rope, but locks instantly when a fall begins. Retractable lifelines may be used when vertical movement is required but must be limited, such as in tanks, manholes, or on roofs.

Rollout – A process by which a snap hook or carabineer unintentionally disengages from another connector or object.

Double-locking Snap Hook – A hook-shaped connector with a gate or latch that remains closed and locked until it is intentionally opened for connection or disconnection. When the latch is released, it automatically closes.

Unprotected sides or edge – A walking or working surface four feet or greater in height above another surface without means to protect employees from falling to the surface below.

Wrist Harness – (Wristlets) -- Designed for work inside of a confined space, where a full-body harness would be restrictive for work purposes or in the rescue efforts of an individual due to the size of the manhole, the inside design of a vessel etc.