**Fall Protection Work Plan**

<table>
<thead>
<tr>
<th>Jobsite: (name)</th>
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<tbody>
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<td>Job task:</td>
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<td>Location:</td>
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(Include building &/or address)

Supervisors/Managers/etc:

Workers must review and sign this fall protection work plan prior to starting work in an area where a hazard of falling exists. 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 the work activities. This plan must be used in conjunction with a comprehensive and effective fall protection program (add additional pages as necessary).

**Effective Period for Plan:**

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<th>From</th>
<th>To</th>
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<tbody>
<tr>
<td>day</td>
<td>month</td>
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1. **Identify Potential Fall Hazards**
   - □ Elevated work platforms
   - □ Excavations
   - □ Floor openings/skylights
   - □ Skeletal framing
   - □ Hazardous process/equipment
   - □ Ladders (fixed or portable)
   - □ Scaffold erection/dismantling
   - □ Stairways
   - □ Swing fall
   - □ Wall opening
   - □ Reinforcing steel installation
   - □ Other: ________________________________

2. **Describe the Hazard(s) (include specific dimensions, locations, levels, etc.)**

3. **Identify Fall Protection Systems to be used**
   - □ Guard rails
   - □ Fall arrest
   - □ Fall restraint
   - □ Control zone with monitor
   - □ Procedures
   - □ Safety net
   - □ Work platform
   - □ Catch platform
   - □ Scaffold
   - □ Self propelled elevated work platform
   - □ Other: ________________________________
   - □ Other: ________________________________

4. **Describe the Procedures for Handling, Storing & Security Tools & Materials**
5. Identify the Method of Protection for Workers who may be in or pass through the area below the Overhead Work Activity

- Barricading
- Hard hats required
- Catch net
- Warning signs
- Toe boards/screens on scaffolds
- Toe boards/covers on floor openings
- Other: ____________________________
- Other: ____________________________

6. Identify the Method for Prompt, Safe Removal of Injured Workers

- Written agreement with: (ex. Identify fire department & attach agreement)
- Self-rescue (training documentation)
- Site First Aid
- Other employees of employer (training documentation)
- Elevator/stairs
- Other (identify)

7. Identify the Method used to Determine the Adequacy of Anchorage Points

- Evaluation by professional engineer
- Existing engineering/design documents
- Manufacturers data
- Other: ____________________________

8. Describe & Identify Locations of Anchorage Points

9. Name of project site & health representative

10. Name of Safety Monitor (if control zone used)

11. Name of Person(s) trained to work under this plan

_________________________________  ___________________________________
_________________________________  ___________________________________
_________________________________  ___________________________________
12. Identify the Method used to Determine the Adequacy of Anchorage Points

- Full body harness
- Vertical lifeline
- Horizontal lifeline
- Lanyard
- Boatswains chair
- Connecting devices (identify)
- Choker
- Carabineer
- Rope grab
- Personal shock absorber
- Beamer
- Anchorage points (identify)

13. Identify maximum free fall distance

14. Identify total fall distance

15. Describe the Procedures for the assembly, Maintenance, Inspection & Disassembly of the Fall Protection system to be used

16. Inspection checklist

- Identification tags
- Horizontal lifeline tension is correct
- Integrity of stitching in shock absorber
- Integrity of stitching in harness/lanyard
- Manufacturers assembly/disassembly instructions
- Locking capability of retractable lanyards assured
- Locking capability of carabiners assured
- Locking capability of snap hooks assured
- Knots & other connection methods do not weaken lifeline
- Lifelines installed & used under supervision of competent person & protected from cuts/abrasions
- Rope (wear, fraying, damage, mildew)
- Lanyards (wear, fraying, damage, mildew)
- Dee-rings have adequate strength, are not cracked or deformed
- Guardrails are sound and of adequate strength
- Devices that are used to connect to horizontal lifelines lock in both directions
- Anchorage points provide adequate strength & are capable of meeting regulated strength req.
- Safety monitor is competent, can see workers, close enough to communicate, has no other duties
- Hold covers are secured, marked & capable of withstanding anticipated weight loads
- Other (identify) ____________________________________________________________________________
- Other (identify) ____________________________________________________________________________

____________________________________  ____________________________________________________
Signature                                                            Date

Please submit completed form to your supervisor for filing.