FALL PROTECTION

1. **PURPOSE**

The purpose of this work instruction is to establish university wide guidelines for preventing a fall at heights. This work instruction should ensure that fall protection is utilized correctly.

1. **APPLICATION**
   1. This work instruction will apply at all locations where personnel are employed.
   2. The requirements of this work instruction are to be observed by all personnel involved in working at heights where a fall hazard exists.
   3. This work instruction shall be reviewed and included in any activity that required working at heights of above 6 feet or where a fall hazard exists.
   4. Inspections conducted on roofs do not require fall protection.
   5. Flat roof work (low slope roof 2” in 12” or below) Work performed less than 6 feet from the roof edge. Each employee must be protected from falling by a guardrail system, safety net system, travel restraint system, or personal fall arrest system. Work performed between 6 and 15 feet from the roof edge. Each employee must be protected from falling by one of the following five options:

1. A guardrail system

2. A safety net system

3. A travel restraint system

4. A personal fall arrest system

5. Designated area (work must be infrequent and temporary)

1. Work performed 15 feet or more from the roof edge. Each employee must be protected from falling by one of the following:

1. A guardrail system

2. A safety net system

3. A travel restraint system

4. A personal fall arrest system

5. A designated area (routine work)

6. No fall protection (work must be infrequent and temporary)\*

\*No fall protection is required when the work is infrequent and temporary and the employer implements and enforces a work rule that prohibits employees from going within 15 feet of the roof edge without fall protection.

1. **DEFINITIONS**
   1. Fall Protection – A strategy or procedure, planned in advance, to prevent a person from injury from a fall from an elevated work surface.
   2. Fall Protection Harness – A harness that is designed to hold a person.
   3. Fall Protection Equipment – Equipment including but not limited to lanyards, retractable devices, cables and associated equipment.
2. **RESPONSIBILITIES**
   1. Worker:

* Trained and familiar with the content of the Fall Protection Program.
* Able to understand and evaluate the risks associated with working at heights.
* Trained and competent in the use of fall protection equipment working at heights.
* Able to report unsafe conditions and/or behaviors to the Person-In-Charge.
* Inspect fall protection harness prior to use.
* Conduct annual fall protection harness inspections and document inspections. See Appendix A.
  1. Supervisor:
* Ensure fall protection that is used is less than 10 years from date of manufacture.
* Communicate with workers the need for fall protection.
* Help workers to understand when fall protection is required.

1. **PROCEDURE**
   1. A rescue plan must be considered prior to the start of any project or job.
   2. Fall protection must be inspected prior to use.
   3. Fall protection needs to be adjusted to the individual user.
   4. Donning Harness:
2. Slip the harness over your shoulders like a vest.
3. Make sure the D-ring is in the middle of your back, directly between your shoulder blades.
4. Pull each leg strap up and fasten the buckles together.
5. Stand up straight and adjust the length of the side body straps as needed to make sure there is no slack.
6. Fasten the chest strap about mid-chest high.
7. Adjust the chest strap as necessary to remove any slack.
8. Make sure the shoulder straps and leg straps are snug, while still allowing full range of motion.
9. Eliminate any excess slack by tightening the straps in the buckle.
10. Make sure the loose ends of the straps are tucked into the strap retainers.
11. With your hand held flat, you should be able to fit your fingers underneath your leg straps.
    1. Snap Hooks and D-Rings
12. Workers must use locking snaphooks. [[29 CFR 1915.159](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10275&p_text_version=FALSE), [29 CFR 1915.160(a)(4)](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10276&p_text_version=FALSE#1915.160(a)(4))].
13. Snaphooks, unless designed for such connections, must not be connected to: [[29 CFR 1915.159(a)(6)](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10275&p_text_version=FALSE#1915.159(a)(6))]
    1. Webbing, rope or wire rope
    2. Other snaphooks
    3. D-rings to which other snaphooks or connectors are attached
    4. Horizontal lifelines
    5. Other objects such as eye bolts that are incompatible
    6. Lifeline and Lanyards.
14. Each worker must be provided with their own separate vertical lifeline. [[29 CFR 1915.159(b)(1)](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10275&p_text_version=FALSE#1915.159(b)(1))]
15. Horizontal lifelines must be designed, installed, and used under the supervision of a qualified person. [[29 CFR 1915.159(b)(5)](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10275&p_text_version=FALSE#1915.159(b)(5))]
16. Workers must use systems that are rigged to prevent free fall of more than six feet or contact with the lower level. [[29 CFR 1915.159(b)(7)](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10275&p_text_version=FALSE#1915.159(b)(7))]
17. Lifelines and lanyards must be protected against damage such as cuts, abrasions, burns (hot work), acids, and solvents. [[29 CFR 1915.159(c)(4)](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10275&p_text_version=FALSE#1915.159(c)(4))]

5.6 Attach Lifeline or Lanyard to anchorage

1. Workers must attach to an anchorage of sufficient strength (5,000 pounds). [[29 CFR 1915.159(a)(9)](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10275&p_text_version=FALSE#1915.159(a)(9))]
2. Workers must use anchorage points independent of the scaffold supporting system. [[29 CFR 1915.159(a)(8)](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10275&p_text_version=FALSE#1915.159(a)(8))]
3. Positioning device systems must be secured to an anchorage capable of supporting at least twice the potential impact load of a worker's fall. [[29 CFR 1915.160(a)(3)](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10276&p_text_version=FALSE#1915.160(a)(3))]

Appendix A.

