



Site Specific Fall Protection Plan

1 **This Plan is Specific to:** _____
(Project & Address)

- This plan is specific to the following area(s) on site:
 Typical level: _____ Parkade: _____ Other: _____
- This plan is applicable to the following height(s) on site:
 Below 10 feet Above 10 feet & below 25 feet above 25 feet All Elevations
- Person completing this fall protection plan: _____
(Name/Title)
- Safety Manager: _____

2 **Company safety policy will:**

- Adhere to the WorkSafe BC Regulation as well as any local government health and safety regulations.
- Provide the safest possible conditions for the above procedure.
- Ensure all employees are properly trained in regards to Fall Protection Plan.
- Ensure all employees abide by this Fall Protection Plan.
- Monitor the effectiveness of this Fall Protection Plan.
- Update and revise this Fall Protection Plan as deficiencies become apparent.
- Believe that safety is everyone’s responsibility and a team effort must be made to keep safe work site conditions.

3 **Safe work procedure**

3.1 Requirements

Prior to exposing employees to heights above 25 feet (7.5m) or more, a hazard assessment must be completed by Supervisors for each work area where workers will be working above 25 feet. Each fall protection plan must include the following information:

1. the specific fall hazard in the work area(s)
2. the methods of protection to be used
3. the method of assembly, maintenance and inspection of equipment
4. the handling, storage and security of tools and materials
5. the types of overhead protection to be used, if applicable

Once completed, a copy of this plan must be available for review by a WorkSafe BC officer

3.1.1 Fall Protection Hierarchy

The fall protection hierarchy is defined as follows:

1. guardrails are to be used as the first means of providing fall protection to workers
2. fall restraint is to be used in the event that guardrails are not practicable
3. fall arrest is to be used if fall restraint is not practicable
4. written procedures and other fall protection controls must be used providing they have received approval in writing from WorkSafe BC for their use

The list above is in order of priority. You may not substitute fall arrest in place of guardrails simply because the use of guardrails is time consuming. The hierarchy must be followed with each fall protection method eliminated in order or priority through a systematic process of hazard assessment.



3.2 Procedure

The following points must be adhered to at all times by all workers who are exposed to a potential fall:

1. Protect all floor, roof and wall openings with adequate covers or guardrails as required by the WorkSafe BC regulations
2. Provide and enforce the use of fall arrest safety harness where workers are exposed to fall hazards of 25 feet or above
3. solid hole covers shall be secured and labeled with a circle and an “X”
4. all guardrails must meet the requirements of the WorkSafe BC regulations
5. control zone must be at least 6.5 feet away from edge and must be physically marked with stanchions and roped with flagging. The height of the flagging is to be approx 36”
6. a safety monitor is to ensure the work activity is performed in accordance with the Fall Protection Plan and in a manner that minimizes the potential for a worker to fall. A safety monitor must be trained and have visual contact all times with the worker activities and must not monitor more than eight workers at one time
7. when using lanyards, limit the distance of the worker to 4 feet. If shock absorbing lanyards are being used, fall distance should be increased to 6.5 feet
8. when anchoring to columns or rebar, ensure that synthetic life lines are protected. One means of protection is sliding an appropriate length of plastic conduit along the length of the rope (from the end) until it reaches the top of the rope (where the snap line is)

3.3 Fall protection work plan

3.3.1 Fall hazards in the work area

Determine what fall hazards exist in the work area. Check all that apply and then refer to the next section for the appropriate fall protection system to implement.

- | | |
|--|---|
| <input type="checkbox"/> Ladders | <input type="checkbox"/> Perimeter edges |
| <input type="checkbox"/> Scaffolds | <input type="checkbox"/> Leading edge |
| <input type="checkbox"/> Work decks | <input type="checkbox"/> Roof edge |
| <input type="checkbox"/> Forming/pouring/stripping | <input type="checkbox"/> Slab/roof openings |
| <input type="checkbox"/> Excavations | <input type="checkbox"/> Rolling stage |
| <input type="checkbox"/> Elevator/stair shafts | <input type="checkbox"/> Fly table |
| <input type="checkbox"/> Boom supported platforms | <input type="checkbox"/> Crane |

It is important to check those hazards that exist in the work area. If other work areas have different fall hazards, then an area specific fall protection plan will be required.

Other aspects of fall hazards that must also be considered are:

1. Swing factor
 - is there a potential for a swing hazard when a worker is anchored at one point and working at another? Yes / No
 - if YES, are anchor points available at regular intervals (ie. every 10 feet) that workers can use to anchor to as they move throughout the work area? Yes / No
 - if NO, can anchor points be installed? Yes / No
2. Vertical Clearance this section is not applicable
 - is there sufficient clearance below workers to arrest a fall? Yes / No



- if NO, can the hazard be removed (ie. Thrust out platform)? Yes / No
 - if NO, can vertical clearance be reduced (anchor point above, sorter lanyard)? Yes / No
 - if NO, can the work be done from below? Yes / No
 - if NO, can a platform or net be installed below the work area ? Yes / No
if NO, then a fall protection plan specific to that area is required.
3. Other Considerations
- exposed rebar? Yes / No
 - if YES, all exposed rebar where workers will be above must be covered with wooden trough or reinforced rebar cabs
 - working near edge? Yes / No
 - if YES and workers will be above guardrails (ie window install) workers must be on work platform with guardrails or must use fall arrest.
4. Anchor points must be capable of holding 5,000 lbs per worker attached for fall arrest and 800 lbs per worker for fall restraint
- anchor points accessible and adequate? Yes / No
 - if NO, can more anchor points be installed (ie. Drop through anchor slings) ? Yes / No
 - if NO, can anchor points be installed on core walls or inside columns? Yes / No
 - if NO, can life lines be placed around inside columns? Yes / No
 - if NO, can a horizontal life line be installed? Yes / No
if YES horizontal life line must be engineered and installed as per manufacturers instructions
 - if NO, can netting be installed around outside of perimeter or work area? Yes / No
if NO, then an alternate fall protection plan must be developed and approved by WorkSafe BC.

3.3.2 Fall Protection Implementation

For the hazards noted in the above section, follow the guidelines below for each hazard identified:

1. Ladders: To be visually inspected before each use, safety feet in place, step ladders to be extended (do not lean against vertical surfaces), ladders for deck access will extend 36 inches above the horizontal surface, installed at a 4 to 1 angle and be tied off. ladders secured at top and bottom
2. Scaffolds: Guardrails installed as required. All pins and braces in position. Stable base. Tied back as required by manufacturer. Platforms in good condition and capable of supporting the weight applied. Cleats on either end of non-manufactured planks. Use fall arrest if work platform not available or when working below platform/deck.
3. Work Decks: Guardrails installed as required.
4. Vertical Forms: Work platform required. Guardrails installed. Access/egress via ladder (must be point 1 above).
5. Excavation: Temporary fence to prevent accident/unauthorized access. Handrails will be installed at the top of the lagging where a fall hazard greater than 6 feet exists. Perimeter barricades will be set 6.5 feet back from edge.
6. Elevator/Stair Shafts: Will be decked if appropriate or guardrails (top-rail or mid-rail) and toe boards (if there is a hazard of materials or equipment falling) will be used if the shaft must remain open.



7. Boom Supported Platforms: Full body harness and lanyard.
8. Perimeter Edge: Horizontal lifeline or anchor point with vertical lifeline, full body harness, retractable safety line and/or lanyard and rope grab.
9. Leading Edge: Horizontal lifeline or anchor point with vertical lifeline, full body harness, retractable safety line and/or lanyard and rope grab.
10. Roof Edge: Guardrails if practical, otherwise horizontal lifeline or anchor point with vertical lifeline, full body harness retractable safety line and/or lanyard.
11. Slab/Roof Openings: Guardrails if the opening is large (4x4feet or greater) and floor covers for smaller openings. Both must be secured to the deck using nails.
12. Rolling Stage: Guardrails must be installed. Wheels locked while workers engage in work activities. Clear all materials and debris from work area prior to use.

3.3.3 Control Zones & Safety Monitors

A control zone will be used on site where it is unsafe or impractical to use another method of fall protection. The use of a control zone will be as follows:

1. A control zone is to be used on level or low-sloped work surfaces. It is not to be used as the primary means of fall protection for scaffold erection and removal.
2. The width of a control zone is to be at least 6.5 feet, with additional distance if any of the following conditions exists:
 - the working surface is slippery or sloped
 - the risk of a fall is increased by the use of equipment near the control zone
3. If a worker will be working within 6.5 feet of the Control Zone, a line defining the control zone is to be established by a raised warning line or other equally effective means at all times during such work. For example, an acceptable raised warning line includes a line:
 - Of high-visibility material or a line flagged or clearly marked with high-visibility materials at intervals not exceeding 6.5 feet.
 - Rigged and maintained to be between 34 and 45 inches above the working surface.
4. A safety monitor may be used as the means of fall protection for workers in the control zone.
5. The role of the safety monitor is to ensure that the work activity in the control zone is performed in accordance with the fall protection plan and in a manner that minimizes the potential for a worker to fall.

A safety monitor is to:

- Be experienced in the work overseen and trained in the role of safety monitor
 - Be present at all times when a worker is in the control zone
 - Have complete authority over the work as it relates to the prevention of falls
 - Engaged in no other duties while acting as the safety monitor
 - Be located so as to have a clear and continuous view of the work
6. Safety monitor should:
 - Be able to have normal voice communication with the workers being protected
 - Monitor no more than 8 workers
 - Be instantly distinguishable from other workers



- 7. A control zone must be established on site under the following conditions:
 - When pouring a slab the area below the pour must be cordoned off on all accessible sides using red danger tape.
 - When workers are using swing stages or are working on platforms outside of the building where there is a possibility for falling items.

Safety Monitor(s) are:

_____	_____
_____	_____
_____	_____

Refer to section 3.3.3 (4-6) when briefing the safety monitor(s).

3.3.4 Assembly/Maintenance/Inspection /Storage

Supervisors will be trained by the supplier or competent trainer in the proper assembly, maintenance, and storage of fall protection devices. Manufacturer’s recommendations will be followed. If a sketch of the system installation is required, include it on the back of this page. Adequate (dry, secure, safe from damage) storage areas will be provided for equipment not in use.

Before each use, workers will inspect equipment and all defective/damaged equipment will be immediately tagged and removed from service for repair or disposal. Use “Fall Protection Equipment Inspection Checklist & Log” as a guide when completing daily inspection of fall protection equipment.

Scaffolding will be inspected and erected under the supervision of a competent person. Use “Pre-Shift Inspection Report” as a guide when completing daily inspection of fall protection equipment.

3.3.5 Handling/Storage/Securing of Tools and Materials

Hoisting of materials or working overhead of other employees should be avoided. When working overhead is necessary, tools should be secured from falling. Covered walkways will be used if crossing under scaffolds. Materials shall be securely banded prior to hoisting. Netting should be used on perimeter handrails where materials are stored near the edge.

3.3.6 Overhead Protection

Hard hats are required. Warning signs will be posted to caution of existing hazards whenever they are present. Barricading (to limit access) will be used where applicable. All openings will have toeboards installed.

3.4 Removal of Injured Workers

Emergency rescue by the Fire Department must be arranged prior to this plan being implemented if high angle rescue is anticipated (ie. Rescue of the crane operator from tower crane). Coordinate with the General Contractor for this type of rescue. Review the site emergency protocol with regards to rescue of workers who are involved in a fall on site and ensure that the emergency protocol accounts for rescue from falls.



In the event of a serious injury/accident, workers must notify their Supervisor who will then contact the general contractor who will take the necessary steps. Important information that needs to be given to the dispatcher includes:

- Location of the work site
- Type of injury (fall, electrocution, etc.)
- Is the victim conscious or unconscious

Do not move the worker unless s/he is in a life threatening situation. A designated worker must help direct the emergency unit to the location of the accident according to the site emergency plan.

4 Employer Responsibility

- To provide a safe environment in which to perform work
- To provide safe tools, equipment and materials to facilitate the work being performed
- To ensure all workers are trained and perform the scope of work safely
- To ensure that all Supervisors understand that workers must comply with all safety aspects of this procedure and that the Material Safety Data Sheets (MSDS) are available and understood by all workers

5 Employee Responsibility

- To ensure he is properly trained and then performs the task safely
- To ensure he uses only safe tools, equipment and materials to facilitate safe construction
- USE COMMON SENSE! If you don't know the procedure or proper equipment to use, ASK!
- Ensure that the MSDS is available and understood when required.

6 Safety Equipment Required

- Hard hat, safety boots, hearing protection, eye protection
- Adequate signage
- Fall protection as required by hazard assessment (see section 3.3.1 above)

The above procedure is only a suggested method. This procedure may vary as the job site conditions warrant.

7 Training

- The fall protection plan is part of the initial work safety orientation of all employees new to the project. Attendance at this orientation will be documented and records will be kept on site. Employees will be given instructions on personal fall restraint devices before initial use. This training will be documented and records will be kept on site.



PRE-SHIFT INSPECTION REPORT

SCAFFOLD INSPECTION PROCEDURE

Date: _____ Operator's Name _____
Contractor: _____ Project: _____

This inspection is intended to be used as a guideline in the evaluation of constructed scaffolds. This procedure is not intended to be a substitute for training, experience and knowledge. All scaffolds, by law, must be constructed under the supervision of a competent person, a person who can identify hazards and has the authority to eliminate the hazards.

Familiarize yourself with all applicable codes, standards and regulations, including company rules.

Inspect the overall jobsite for organization, housekeeping, coordination of workers, safety equipment and safety procedures.

Observe the erection crew for procedure, fall protection, coordination and organization.

	Daily Inspection Checklist	Date Inspected _____ (month)					Needs attention / remarks
		(day)	(day)	(day)	(day)	(day)	
	Observe the overall scaffold – does it appear to be constructed properly?						
	Does the overall appearance of the scaffold suggest quality construction?						
	Is the scaffold plumb?						
	Is the scaffold level?						
	Are guardrail systems installed on all open platforms?						
	Is the guardrail system between 36" and 45" high?						
	Is the guardrail system strong enough?						
	If there is no guardrail system, are occupants wearing proper fall arrest equipment?						
	Is falling object protection provided where required?						
	Sight up the scaffold. Is it straight or is there an "s" curve?						
	Is the scaffold tied to the structure?						
	What is the tie spacing (assuming that ties are required)						
	If there are no ties, is the height to base ratio less 4 to 1? (or 3 to 1?)						
	Inspect the foundation. Are there sills?						
	If screwjacks are used, are the handles tight?						
	Are there base plates?						
	Is there full contact between the base plates and the sills and/or foundations?						
	Is there any evidence of settlement?						



Is there any evidence of wet soil or erosion?						
Is the ground or soil compacted?						
Is there access?						
How high is the first step? (it should be less than 24")						
If a ladder is used, is there a rest platform at 35' or less?						
Does the ladder extend above the top platform or is there a handhold?						
Is the ladder rung spacing less than 16 3/4"?						
Is there proper access between the ladder and the platform?						
If a stairway is used, are the handrails installed and the guardrails installed?						
Inspect the ties. Can they resist both tension and compression loads?						
Is the scaffold tied to the structure at proper intervals?						
How do the platforms look?						
Are all platforms at least 18" wide?						
Is the space between the platform and the work surface less than 14"?						
If not, are the workers properly protected from falls?						
What is the maximum spacing between plank (it should be less than 1")						
Is the maximum space between the platform and the guardrail system less than 9 1/2"						
Are the spans of the plank consistent with the strength of the plank?						
Is there proper support for the plank?						
Is the overlap of the plank sufficient?						
Are the plank secured from uplift?						
Are the cantilevers minimized and within the regulations?						
Is the scaffold tagged in any way that would limit the use?						
Are there any electrical lines that might energize the scaffold (and the workers)?						
If side brackets or outriggers are used, are they properly installed?						
Are all scaffold components in good condition?						
Are the materials loaded on the scaffold safely supported?						
Is the scaffold overloaded?						
Are the users of the scaffold trained in the recognition of electrical, fall and falling object hazards?						

Any problems or malfunctions that affect the safety of operations must be repaired prior to the use of the equipment.

Additional remarks: _____

The inspection report must be faxed to the office weekly (604.525.0774)