

Fall Protection Plan Use

Only use when work task enables the worker(s) to reach a “FALL POSITION” that cannot be eliminated, substituted, or controlled using other methods.

“Fall Position” Prevention:

- move work task to a safer location
- hand rails (roof, walkway, aerial lift baskets, man baskets, scaffolds)
- travel restraint
- stable barrier between worker and “fall position”



Elimination

Guard rails

Travel restraint

Fall Protection Plan

Location, worker name, work order #, crew

List all fall hazards

Detail all fall protection systems to be used

Identify anchor points

Verify fall clearance distances using directions $LL+HH+DD+SF=RD$

Detail fall protection equip. inspection, assembly, disassembly procedures

Describe rescue plan

Worker/Supervisor sign-offs

Location:	Employee(s):	
Work Order #:	Crew:	
Fall Hazard		
Identify all existing & potential fall hazards and their locations workers are exposed to working at heights in the workplace (3m+)		
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Fall Protection systems to be used		
Identify the fall protection systems to be used onsite to protect workers from fall hazards (i.e. travel restraint, personal fall arrest system, etc.)		
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Anchors to be used during the work		
Identify the anchors and their location to be used, (both engineered and improvised), that the workers are to use		
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Clearance distances to be confirmed		
Distances must be sufficient to prevent a worker from striking the ground or an object below. From the anchor, add lanyard length, shock absorber (4ft), body height, d-ring slide (1ft) and safety distance (1ft).		
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Procedures		
Detail procedures for the inspection, assembly, use maintenance and dismantle of fall system identified above. (Identify above for all items – i.e. Anchor sling, carabiner, lanyard with shock and bull body harness)		
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Rescue Plan		
Describe procedures to be followed if a worker falls and needs to be rescued		
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Authorization		
Name:	Date:	Signature:
Name:	Date:	Signature:
Supervisor:	Date:	Signature:

Worker sign-in sheet & fall protection diagram (if needed) on pg.2 & 3

West Fraser Mills Ltd.

Supervisor
Crew
Talk