

## Appendix 3

### Fall Protection Work Plan

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#### WAC 296-800-290

#### WAC 296-155-Part C-1

#### A. Introduction:

Falls from elevated work surfaces present a potential for serious injury. This Site has instituted a fall protection work plan to reduce the risk of serious injury and to ensure that employees are protected when working at heights of 10 feet or more.

Fall protection guidelines are set forth in WAC 296-24-75007, WAC 296-155-245 Part C-1 and WAC 296-155-505. These standards require a written fall protection plan to be developed and maintained on the job site as well as for training to be conducted for employees assigned to work where fall hazards of 10 feet or more exist.

Ladder safety is addressed in WAC 296-24 Part J-1, Working Surfaces, Guarding Floors and Wall Openings, Ladders, and Scaffolds, and WAC 296-155-480. Ladders are not specifically addressed in the fall protection standard. (See Appendix F, Portable Ladder Safety)

#### 1. The primary elements required in the plan are as follows:

- Identify all fall hazards in the work area.
- Describe the method of fall arrest or fall restraint to be provided.
- Describe the correct procedures for the assembly, maintenance, inspection and disassembly of the fall protection system to be used.
- Describe the correct procedures for handling, storage and securing of tools and materials.
- Describe the method of providing overhead protection for workers who may be in, or pass through, the area below the work site.
- Describe the method for prompt, safe removal of injured workers.

**Finally, the written plan must be on-site for inspection whenever an L&I inspector visits the site; e.g., at all times.**

#### 2. Examples of where fall protection may be required in parishes/schools (if the workers are required to be standing or walking at a height of 10 feet or more above the floor) include the following:

- maintenance work in gymnasiums
- replacing skylights
- replacing lighting, inside or outside of the building
- replacing ceiling tiles

- painting ceiling
- maintenance or repair of motorized basketball backboards, gymnasium dividers, sound system components (i.e., speakers), scoreboard components, moveable bleachers, etc.
- roof maintenance or repairs
- maintenance or cleaning of rain gutters
- maintenance in or around HVAC cooling towers
- removing snow from roofs
- work in elevator shafts, stairwells, etc.

## **B. Training**

Employees whose job duties include working at heights of 10 feet or more shall be trained in the primary elements listed above as well as in the inspection of fall protection devices and systems. Employee training shall be documented and such documentation shall be available on the job site.

## **C. Inspection of equipment**

Body harness systems and components of fall restraint systems shall be inspected prior to each use for mildew, wear, damage, and other deterioration and shall be removed from service if their function or strength has been adversely affected.

## **D. Fall Protection work plans**

### **1. Work at elevations of 10 feet or higher with use of a fall restraint system.**

- Method of fall protection: Fall restraint system including guardrails with a toe board, when necessary, or safety belt/harness, or warning line system, or warning line system with a safety monitor. (Fall restraint regulations allow falls of less than two (2) feet. They are intended to protect workers from getting too close to the working edge. They are not intended as free-fall protection.)
- Procedures for assembly, maintenance, etc., of fall protection:
  - A standard railing including a top rail, intermediate rail, posts and, if necessary, a toe board will be erected and the top rail will stand 39-45 inches above the platform or runway.
  - The middle rail will be less than, or equal to 19 inches below the top rail.
  - A standard toe board will be installed if:
    - (a) persons pass beneath the open sides,
    - (b) there is moving machinery, or
    - (c) there are falling materials, equipment or tools that create a hazard.

- Procedures for handling, storing, and securing tools and equipment to be used:
  - Tool belts will be used to carry hand tools.
  - Tools too large for the tool belt will be raised to the work area by means of a rope or mechanical device.
  - After use, hand tools will be returned to the tool belt immediately.
  - Tools and loose materials will not be left on overhead platforms or scaffolds.
- Overhead protection measures:
  - Signs warning of overhead work will be posted to warn passers-by.
- Procedures for rescue of injured workers:
  - If an employee is injured, a trained person will be available to administer first aid and evaluate the employee's condition.
  - If the employee's condition appears serious, the supervisor or another individual will call "911" to obtain emergency medical assistance.
  - Site employees will assist the emergency response unit as appropriate.

**2. Work at elevations of 10 feet or higher with use of a fall arrest system.**

- Method of fall protection: Fall arrest system including a full-body harness, lanyards, anchor points and horizontal lifelines. (Fall arrest regulations allow free-falls of less than six (6) feet.)
- Procedures for assembly, maintenance, etc., of fall protection:
  - Fall protection equipment will be inspected by the employee prior to each use.
  - Inspection will include checking for damage, wear and mildew.
  - Any equipment found to be defective by the employee must be tagged, removed from use and turned in to the supervisor for evaluation.
  - Equipment found by the supervisor will be turned in for repair or destruction, as appropriate.
  - Fall arrest equipment, including approved harness, lanyards, and lifelines attaching to a secured anchorage point, will be used while working.
  - Employees will don all equipment prior to climbing the roof. They will connect to the anchor point or horizontal lifeline immediately after mounting the roof.

**NOTE: If conducting large-scale roofing projects with several employees involved, a safety warning line with a safety monitor system may be more convenient and may be used in place of the harness, lanyard and horizontal lifeline.**

- Procedures for handling, storing, and securing tools and other equipment to be used:
  - Tool belts will be used to carry hand tools to the roof.
  - Tools too large for the tool belt will be raised to the work area by a rope or mechanical device.
  - After use, hand tools will be returned to the tool belt immediately.
  - Materials to be used on the roof will not be stored within 6 feet of the roof edge, unless guardrails are erected at the roof edge.
- Overhead protection measures:
  - Signs warning of overhead work will be posted to warn passers-by.
- Procedures for rescue of injured workers:
  - If an employee is injured, a trained person will be available to administer first aid and evaluate the employee's condition.
  - If the employee's condition appears serious, the supervisor or another individual will call "911" to obtain emergency medical assistance.
  - Assistance will be provided to the emergency unit as appropriate.

**3. Work on open-sided platforms or runways of heights of 10 feet or more.**

- Method of fall protection: Fall restraint system including standard guardrails and toe board, when necessary, safety belt/harness, or warning line system, or warning line system with a safety monitor.
- Procedures for assembly, maintenance, etc., of fall protection:
  - A standard railing including a top rail, intermediate rail, posts and, if necessary, a toe board will be erected and will stand 39-45 inches above the platform or runway.
  - A standard toe board will be installed if
    - (a) persons pass beneath the open sides;
    - (b) there is moving machinery; or
    - (c) there are falling materials, equipment or tools that create a hazard.
- Procedures for handling, storing, and securing tools, and equipment to be used:

- Tool belts will be used to carry hand tools.
- After use, hand tools will be returned to the tool belt immediately.
- Tools too large for the tool belt will be raised to the work area by a rope or mechanical device, if necessary.
- Tools and loose materials will not be left on overhead platforms or scaffolds.
- Overhead protection measures
  - Signs warning of overhead work will be posted to warn passers-by.
- Procedures for rescue of injured workers:
  - If an employee is injured, a trained person will be available to administer first aid and evaluate the employee's condition.
  - If the employee's condition appears serious, the supervisor or another individual will call "911" to obtain emergency medical assistance.
  - Site employees will provide assistance to the emergency response unit as appropriate.