

Archdiocese of Seattle

Fall Protection



Safe Access at Heights

Includes many subjects, including

- Ladders
- Scaffolds
- Roofs
- Decks



2013 L&I Modified & Renamed Regulation to:
**“Fall protection requirements
for construction.”**

The purpose of this overview
is for ***AWARENESS***

It applies to “construction situations” not
“building code requirements”

If you have a question, concern or
need help or ***Fall Protection Training***

Contact Property & Construction



New L&I name

“Fall protection requirements for construction.”

The old Part C-1 rule name was “Fall restraint and fall arrest.”

Now it is simply called “Fall protection requirements for construction.”



Part C-1 rule...

“Fall protection requirements for construction.”

...brings together the fall protection requirements that were found in multiple sections in the Construction Safety Standard, into one location.

Part C-1-Fall Protection Requirements for Construction		Page
296-155-24601	Scope and application.	1
296-155-24603	Definitions.	1
296-155-24605	General requirements.	5
296-155-24609	Fall protection required regardless of height.	5
296-155-24611	Fall protection required at four feet or more.	7
296-155-24613	Fall protection required at ten feet or more.	7
296-155-24615	Fall arrest specifications.	11
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296-155-24623	Appendix A-Determining roof width-Nonmandatory guidelines for complying with WAC 296-155-24615.	23
296-155-24624	Appendix B-Calculating fall clearance distance using a shock-absorbing lanyard and D-ring anchorage connector-Nonmandatory guidelines for complying with WAC 296-155-24613 (1)(d).	30



Sections of the new rule INCLUDE

- Definitions
- General requirements
- Fall protection required regardless of height
- Fall protection required at 4 feet or more
- Fall protection required at 10 feet or more
- Fall arrest specifications
- Fall restraint specifications
- Training



Fall restraint specifications

- **“Full body harness”** is now being used throughout the rule.
- Body belts are no longer allowed as an option for fall restraint.
- **“Standard guardrail system”** is used for consistency throughout the rule.



“Fall protection requirements for construction.”

Trigger Heights

Fall hazards can occur at any level. There are **three threshold levels =**

Trigger Heights

which have fall hazard concerns and requirements

0 4 10 Feet



Trigger Heights



10 feet



4 feet



0 feet



Trigger Height 0 Feet

- Next to Dangerous Equipment
- Holes / Openings
- Impalement Hazards



Trigger Height 0 Feet Hole



Trigger Height 0 Feet Hole

- Install a marked cover capable of supporting at least 200 lbs., with a safety factor of 4 that can't be moved.
- While the cover is not in place, the floor hole must be protected by a standard guardrail system.



Trigger Height 0 Feet Floor Opening



Trigger Height 0 Feet Floor Opening

- Install a standard guardrail system along all open sides, except at entrance to stairway or ladder. A cover is an option, but may be impractical depending on the size of the opening.



Trigger Height 0 Feet Impalement



Trigger Height 0 Feet Skylights



Trigger Height 0 Feet Pits / Trap Doors



Trigger Height 4 Feet

- Walking/working surfaces, with open sides, wall openings, ramps, or runways.
- This includes work on steep pitch roofs, hazardous slopes, etc.



Trigger Height 4 Feet

Working above a guardrail



Trigger Height 4 Feet Wall Opening



Trigger Height 4 Feet Ramps & Runways



Trigger Height 4 Feet

Pitch greater than 4:12

Regardless of the work activity, fall protection is required on a pitch greater than 4:12 when the fall hazard is 4 ft. or more.



Trigger Height 10 Feet

- Leading edge and roofing work on low pitched surfaces,
- excavation work, or
- any other working surface that is not a walking/working surface, such as beams, the sides of structures, etc.



What's the rule telling you to DO?

Walking Surface

Q: What is the first thing you must be sure of before allowing anyone to work or walk on a surface?



What's the rule telling you to DO?

Walking Surface

Q: What is the first thing you must be sure of before allowing anyone to work or walk on a surface?

A: Make sure surfaces are structurally sound prior to allowing employees to walk or work on them.



What's the rule telling you to DO?

Inspecting fall protection equipment

Q: You must inspect all equipment components before each use. What must you do if you find defective or damaged equipment?



What's the rule telling you to DO?

Inspecting fall protection equipment



What's the rule telling you to DO?

Inspecting fall protection equipment

Q: You must inspect all equipment components before each use. What must you do if you find defective or damaged equipment?

A: Remove it from service because it's strength is no longer reliable.



What's the rule telling you to DO?

Fall protection equipment

Q: Under what circumstances may you hoist materials using fall protection equipment?



What's the rule telling you to DO?

Fall protection equipment

Q: Under what circumstances may you hoist materials using fall protection equipment?

A: Never. Fall protection systems are only meant to be used for employee protection and not to hoist materials.



What's the rule telling you to DO?

Fall protection equipment

Q: The fall protection anchor needs to be installed before work begins and removed after the job is completed. Are you exempt from using fall protection during installation?



What's the rule telling you to DO?

Fall protection equipment

Q: The fall protection anchor needs to be installed before work begins and removed after the job is completed. Are you exempt from using fall protection during installation?

A: Yes. Once the anchor is installed, you are required to **follow** fall protection requirements in this rule.



What's the rule telling you to DO?

Exemptions

Q: You need to inspect or estimate roof level conditions. Are you exempt from using fall protection?



What's the rule telling you to DO?

Exemptions

Q: You need to inspect or estimate roof level conditions. Are you exempt from using fall protection?

A. Yes, but only on low slopes prior to the job starting or after the work has been completed.



What's the rule telling you to DO?

Working above or next to dangerous equipment

Q: At what height must you protect employees working above dangerous equipment?



What's the rule telling you to DO?

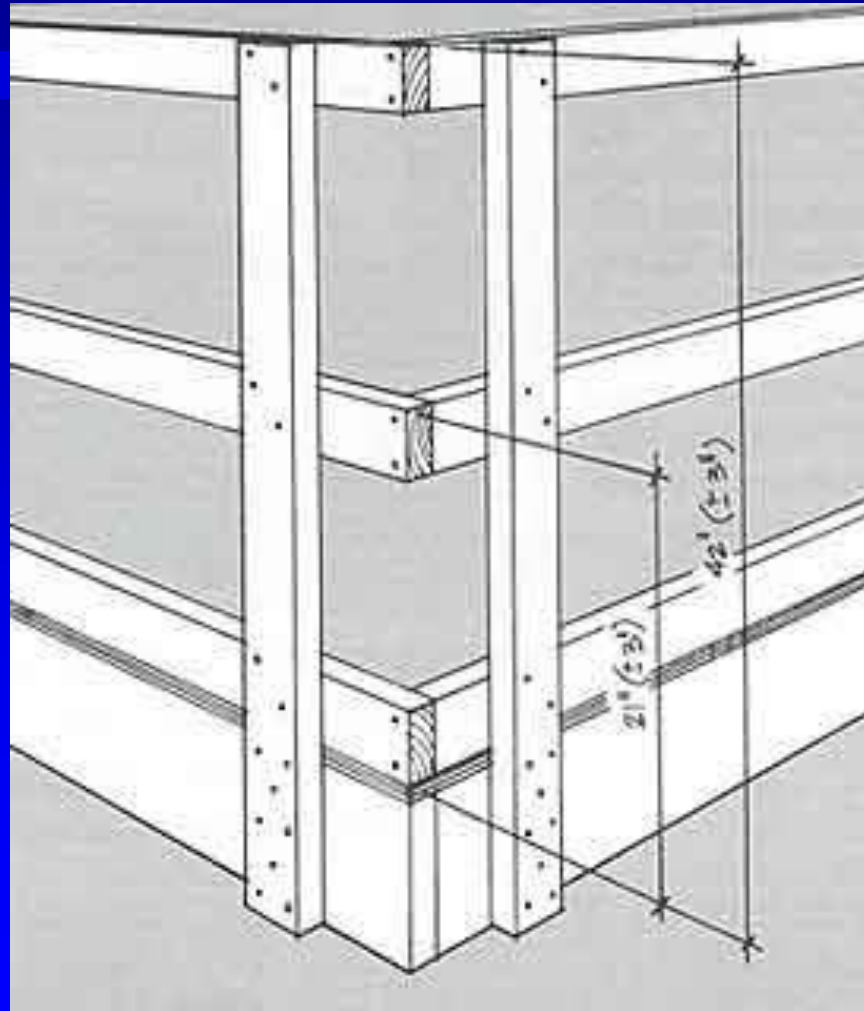
Working above or next to dangerous equipment

Q: At what height must you protect employees working above dangerous equipment?

A: ZERO, ALL HEIGHTS.
Must protect people regardless of height.



“Standard guardrail system” for construction



“Standard guardrail system” for construction

- The height of a standard guardrail is 39” – 45”.
- The top rail must be capable of supporting 200 lbs. applied in any direction.



“Standard guardrail system” for construction

- Posts must be spaced no more than 8 ft. apart.
- Wire rope railings must be flagged with high-visibility material spaced no more than 6 ft. apart.



Help

- Contact Property and Construction

