

Fall Protection Plan



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SCOPE

R.W. LaPine, Inc. is dedicated to the protection of its employees from on the job injuries. The purpose of this program is to ensure that every employee recognizes workplace fall hazards and takes appropriate action necessary to prevent workplace fall accidents.

The following written program and its implementation is designed by R.W. LaPine, Inc. to comply with State and Federal Standards, as it applies to “Fall Protection” within the General Industry and Construction Industry, 29 CFR 1926.501, 1926.502.

DEFINITIONS

Controlled Access Zone (CAZ): Means an area in which certain work may take place without the use of guardrail systems, personal fall arrest system, or safety net systems and access to the zone is controlled.

Dangerous Equipment: Means equipment (such as pickling or galvanized tanks, degreasing units, machinery, electrical equipment, and other units), which, as a result of form or function, may be hazardous to employees who fall onto or into such equipment.

Guardrail System: Means a barrier erected to prevent employees from falling to lower levels.

Leading Edge: Means the edge of a floor, roof, or formwork for a floor or other walking/working surface (such as a deck), which changes locations as additional floor, roof, decking, or formwork sections are placed, formed, or constructed. A leading edge is considered to be an “unprotected side and edge” during periods when it is not actively and continuously under construction.

Personal Fall Arrest System: Means a system used to arrest an employee in a fall from a working level. It consists of an anchorage, connectors, and a body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these.

NOTE: As of January 1, 1998, the use of a body belt for fall arrest is prohibited.

Positioning Device System: Means a body harness rigged to allow an employee to be supported on an elevated vertical surface, such as a wall, and work with both hands free while leaning.

Safety Monitoring System: Means a safety system in which a competent person is responsible for recognizing and warning employees of fall hazards.

GENERAL REQUIREMENTS

Prior to any work being done at a construction job site by R.W. LaPine, Inc. employees, the Job Foreman shall do the following;

Determine if the walking/working surfaces on which employees are to work have the strength and structural integrity to support employees safely. Employees shall be allowed to work on those surfaces only when the surfaces have the requisite strength and structural integrity.

A site specific plan is developed by a qualified person. The fall protection plan shall be prepared by a qualified person for the specified work site.

ACCIDENT INVESTIGATIONS

Accident investigations will be conducted in the event of a fall, near miss, or other serious incident. Accident investigations shall be conducted to evaluate the fall protection plan for potential updates to practices, procedures or training in order to prevent reoccurrence.

RESCUE

R.W. LaPine, Inc. shall provide for prompt rescue of employees in the event of a fall or shall assure the employees are able to rescue themselves.

Unprotected sides and edges

Any employee on a walking/working surface (horizontal and vertical surface) with an unprotected side or edge which is 4 feet or more above a lower level (General Industry) or 6 feet or more above lower level (Construction Industry) shall be protected from falling by the use of a guardrail system, safety net system, or personal fall arrest system.

Dangerous equipment

Each employee above dangerous equipment shall be protected from falling into or onto the dangerous equipment by a guardrail system or by equipment guards.

Any employee above dangerous equipment shall be protected from fall hazards by guardrail system, personal fall arrest system, or safety net system.

Protection from falling objects

When an employee is exposed to falling objects, R.W. LaPine, Inc. shall require employees to wear a hard hat and shall implement one of the following measures:

- (1) Erect toe boards, screens, or guardrail systems to prevent objects from falling from higher levels, or;
- (2) Erect a canopy structure and keep potential fall objects far enough from the edge of the higher level so that those objects would not go over the edge if they were accidentally displaced, or;
- (3) Barricade the area to which objects could fall, prohibit employees from entering the barricaded area, and keep objects that may fall far enough away from the edge of a higher level so that those objects would not go over the edge if they were accidentally displaced.

PERSONAL FALL ARREST SYSTEM

Personal fall arrest systems, when stopping a fall shall;

- (1) Limit maximum arresting force on an employee to 1,800 pounds (kN) when used with a body harness.
- (2) Be rigged such that an employee can neither free fall more than 6 feet, nor contact any lower level.
- (3) Bring an employee to complete stop and limit maximum deceleration distance an employee travels to 3.5 feet (1.07 m) and have sufficient strength to withstand twice the potential impact energy of an employee free falling a distance of 6 feet (1.8m), or free fall distance permitted by the system which ever is less.
- (4) The attachment point of a body harness shall be located in the center of the wearer's back near shoulder level, or above the wearer's head.
- (5) Body harnesses, and components shall be used only for employee protection (as part of a personal fall arrest system or positioning device system) and not to hoist materials.

- (6) Personal fall arrest systems and components subjected to impact loading shall be immediately removed from service and shall not be used again for employee protection until inspected and determined by a competent person to be undamaged and suitable for reuse.

HARNESSES and LANYARDS

All fall protection equipment shall be ANSI and or ASTM certified. Harness utilized shall be a full-body harness. Harnesses shall be inspected prior to each use and annually by a competent person. The annual inspection shall be documented.

Lanyards shall be shock absorbing, and inspected prior to each use. Annually a competent person shall inspect lanyards, this inspection shall be documented.

POSITIONING DEVICE SYSTEM

Positioning device systems and their use shall conform to the following;

- (1) Positioning devices shall be rigged such that an employee cannot free fall more than 2 feet (.9 m).
- (2) Positioning devices shall be secured to an anchorage capable of supporting at least twice the potential impact load of an employee's fall or 3,000 pounds (13.3 kN), whichever is greater.
- (3) Positioning device system shall be inspected prior to each use for wear, damage, and other deterioration, and defective components shall be removed from service.

COVERS

Covers for holes in floors, roofs, and other walking/working surfaces shall meet the following requirements.

- (1) Covers located in roadways and vehicular aisles shall be capable of supporting, without failure, at least twice the maximum axle load of the largest vehicle expected to cross over the cover.
- (2) All other covers shall be capable of supporting without failure, at least twice the weight of employees, equipment, and materials that may be imposed on the cover at any one time.

- (3) All covers shall be secured when installed so as to prevent accidental displacement by the wind, equipment, or employees.
- (4) All covers shall be color-coded or they shall be marked with the word "HOLE" or "COVER" to provide warning of the hazard.

EMPLOYEE TRAINING

R.W. LaPine, Inc. will provide training to all employees who might be exposed to fall hazards. The training program shall enable each employee to recognize the hazards of falling and shall train each employee in the procedures to be followed in order to minimize these hazards.

R.W. LaPine, Inc. will assure that a competent person qualified in the following areas has trained each employee, as necessary:

- (1) The nature of fall hazards in the work area.
- (2) The correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used.
- (3) The use and operation of guardrail systems, personal fall arrest systems, safety net system, warning line systems, safety monitoring systems, controlled access zones, and other protection to be used.
- (4) The role of each employee in the safety monitoring system when the system is used.
- (5) The correct procedures for the handling and storage of equipment and materials and the erection of overhead protection.

CERTIFICATION OF TRAINING

R.W. LaPine, Inc. will prepare a written certification record, containing the names of employees trained, the date(s) of the training, and signature of the person who conducted the training.

The Office Manager for R.W. LaPine, Inc. will keep this training record.

Retraining

Retraining will be done when R.W. LaPine, Inc. has reason to believe that any affected employee who has already been trained does not have the understanding and skill required to perform the requirements as outlined in this program. Other circumstances where retraining would be required include, but are not limited to, situations where;

- (1) Changes in the workplace render previous training obsolete.
- (2) Changes in the types of fall protection systems or equipment to use render previous training obsolete.
- (3) Inadequacies in an affected employee's knowledge or use of fall protection systems or equipment indicate that the employee has not retained the requisite understanding or skill.