

# Fall Protection Reference Card



## Fall protection exceptions (regulations for the following are in applicable Subparts)

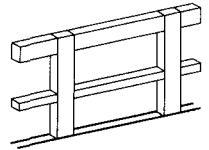
- \*Scaffolds (subpart L) \*Tunneling operations (subpart S)
- \*Cranes and Derricks (subpart N) \*Stairways and ladders (subpart X)
- \*Steel erection (subpart R) \*Electric transmission and distribution lines (subpart V)

## Duty to have fall protection

- Each employee on a walking/working surface with an unprotected side or edge 6' or more above a lower level shall utilize some form of fall protection
- Each employee on a walking/working surface 6' or more above lower level shall be protected from falling through a "hole" (a hole is a gap or void 2" or more in its least dimension)
- Employees shall be protected from objects falling through a hole
- Each employee at the edge of a pit, shaft, or well 6' or more in depth shall be protected from falling (guardrails, barricades)
- Employees working at/near an "opening" (a gap 30" or more high and 18" or more wide) in a wall 6' or more above a lower level shall be protected unless the bottom edge of the "opening" is 39' or greater above the inside bottom edge of the wall
- When an employee is exposed to falling objects, a hard hat shall be worn and toeboards, barricades, or screens shall be utilized

## Fall protection systems criteria and practices

- Top height of guardrails shall be 42" plus or minus 3"
- Midrails, screens or mesh shall be installed between the top rail and walking surface
- Intermediate members can be used in place of midrails but cannot be spaced more than 19" apart
- Guardrails shall be capable of withstanding a force of least 200 pounds applied within 2" of the top edge
- Guardrails shall be surfaced so as to prevent injury to employees
- The ends of top rails and midrails shall not cause a projection hazard
- Top rails and midrails shall be at least 1/4" thick
- If wire rope (cable) is used for top rails it shall be flagged at least every 6' with high-visibility material
- Safety nets shall be installed as close as practicable under the walking/working surface, no further than 30'



## Personal Fall Arrest Systems

- Dee rings and snaphooks shall have a minimum tensile strength of 5,000 pounds (only locking type snaphooks shall be used)
- Lanyards, vertical lifelines and anchorage points shall have a minimum breaking strength of 5,000 pounds
- Self-retracting lifelines or lanyards, which limit free fall distance to 2' or less, shall have a minimum tensile strength of 3000 lb.
- PFAS shall be rigged so that an employee can neither free fall more than 6' or contact a lower level
- Body belts shall not be used as a PFAS

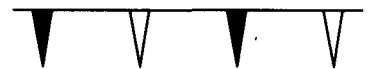


## Warning Line Systems

- The warning line shall be erected around all sides of the roof
- The warning line shall be erected no closer than 6' from the roof edge
- If mechanical equipment is being used, the line shall be 10' (minimum) from the edge when perpendicular to the equipment
- Warning lines can consist of ropes, wires, chains and supporting stanchions
- The rope/wire/chain shall be flagged no less than every 6'
- The warning line's lowest point should be no lower than 34" and no higher than 39"

## Controlled Access Zones

- Control lines shall be erected not less than 6' or more than 25' from the unprotected edge, precast 6' - 60'
- Only employees engaged in the leading edge work are allowed inside the CAZ
- Control lines shall be flagged at least every 6' with high-visibility material
- The line shall be no lower than 39" and no higher than 45"
- CAZ requires a written "fall protection plan" (see back of card)



### **Safety Monitoring Systems**

- The employer shall designate a competent person to *monitor* the safety of workers
- The “safety monitor” shall: *be competent to recognize fall hazards*  
*warn employees when he/she is acting in an unsafe manner*  
*be on the same walking/working surface as the employees*  
*be close enough to communicate orally with employees*  
*not take other responsibilities that could distract from monitoring*
- Mechanical equipment shall not be used or stored in an area utilizing safety monitors on low-sloped roofs
- Requires a “fall protection plan” (see below)

### **Covers**

- Covers located in roadways and vehicular aisles shall be capable of supporting 2x the maximum axle load of the largest vehicle
- All other covers shall support 2x the weight of employees, equipment, and materials that may be imposed on the cover
- All covers shall be secured to prevent accidental displacement
- Covers shall be color coded or marked “hole” or “cover” to provide warning of the hazard

### **Protection from falling objects**

- Toeboards when used shall be at least 3 ½” high and be able to withstand at least 50 lb. of force
- Excess mortar, broken/scattered masonry units and all other debris shall be kept clear from the work area and removed regularly
- During roofing work: materials and equipment shall not be stored closer than 6’ from the roof edge unless guardrails are erected
- Canopies when used as falling object protection shall be strong enough to prevent a collapse if an object falls

### **Fall Protection Plan**

- Only available to employees engaged in leading edge work, precast concrete or residential work who can demonstrate that it is infeasible or it creates a greater hazard to use conventional fall protection
- The plan should be developed by a qualified person and be site specific
- A written copy of the Fall Protection Plan shall be kept on site

### **Training requirements**

- The employer shall provide a training program for each employee who might be exposed to fall hazards
- The employer shall verify training by preparing a written certification record

### **Fall Protection Checklist**

- Is medical attention available if a fall should take place?
- Have walking surfaces been evaluated to determine if they have the strength to support workers safely?
- Are workers on an unprotected edge of a working surface 6’ or more above a lower level protected by a guardrail, net, or PFAS?
- Are safety nets in place and tested before use?
- If guardrails are removed, are workers then protected by PFAS?
- Are individuals on walking surfaces protected from tripping or falling into holes (covers and/or barricades)?
- Are workers protected from debris falling through holes (covers and/or barricades)?
- Is the PFAS inspected before use each day?
- Are all workers wearing hard hats?
- Is the top rail of your guardrail systems between 39” and 45”?
- Are toeboards located at the bottom of your guardrail system?
- Are the toeboards at least 3 ½” high?
- Are the anchorage points for PFAS’s able to withstand 5,000 lb. per employee attached?
- Are body belts being used for fall protection? (not allowed)
- Where vertical lifelines are being used, is each worker attached to a different line?
- Have all slip and trip hazards been abated?
- Are warning line systems flagged at least every 6’?
- Has each employee exposed to fall hazards received proper training?
- Has a written certificate been created for each trained worker?
- If you are using a CAZ or Safety Monitor System, is the written Fall Protection Plan on site?
- Has a competent person inspected the work area for fall hazards?