Fall Protection Plan

Name of the Company/Site: _____

Date of Fall Protection Plan: _____

Period for Which This Plan is Valid: _____

Fall Hazard(s) at the Site
An employer must develop procedures to avoid or control a fall in a fall protection plan (FPP). The FPP must outline the specific situation where fall protection is required and consider what objects are below the worker and how far they are below. (e.g. "4:12 sloped roof, snow on roof, eaves at 3.5 metres above ground" or "work on steel, heights between 4 and 8 m above, steel below")

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Fall Protection System to be used at the Work Site
Details about the type of equipment (travel restraint, fall arrest, fixed anchor, lifeline and grab, SRL, shock-absorber, etc.), brands and models of components, length of lanyard, etc.

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Anchors to be used
Be specific. Describe the precise anchor point, including anchor strength and location relative to worker. If using a lifeline and rope grab, there are two anchor points, one where the lifeline is tied off; and one where the rope grab is located. There must be a *stop* at the lowest acceptable height for the grab. Note: In most cases when using a lifeline there will be *swing* which adds distance to the fall.

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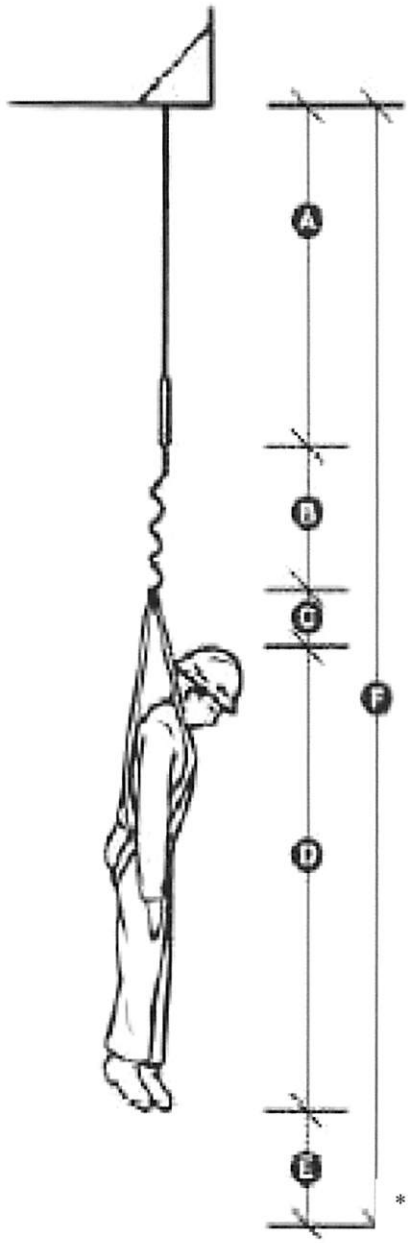
Clearance Requirement

This must be calculated. The distance the worker would fall must be less than the distance to the nearest object/surface below the worker. Note: If using a lifeline and rope grab, the calculation will have to be from the grab location.



A (length of lanyard) **is** ____

B (extension of shock absorber) **is** ____

C (D-ring slippage) **is 1'(0.3 metres)**

D (height of worker to D-ring) **is** ____

E (safety factor) **is 2'(0.6 metres)**

****Swing fall distance** if worker not directly below anchor **is** _____

Clearance Requirement = _____

Calculating Clearance Requirement

Add **A + B + C + D + E + ****, to determine minimum distance from anchor point to nearest surface below worker.

Clearance requirement = _____

Distance to surface below _____

Clearance requirement must be less than the distance from the worker to the nearest surface below the worker.

Note: If your clearance distance is **greater** than the distance to the next surface below, you will need to change your anchor point, or your type of fall protection equipment.

You should also calculate Free Fall Distance.

Calculating Free Fall Distance

This must not be greater than1.2 m (4') if there is no shock absorber. It must not be greater than that permitted by fall protection manufacturer.

Calculate by adding:

Length of lanyard & connecting hardware _____

Height of D-ring from-worker's feet _____

and subtracting:

Distance between anchor point & unguarded edge _____

Free Fall Distance = _____

Note: If your free fall distance is greater than noted above, you will have to change your anchor point or your type of fall protection equipment.

Procedures to assemble, maintain, inspect, use and disassemble the Fall Protection System

Be detailed. It would be acceptable to attach the manufacturer's specifications for the specific equipment being used, and ensure that workers are trained in these procedures.

Rescue procedure

Using 911 alone is not acceptable! The FPP must specify how the worker will be rescued if he/she falls and is suspended. Examples include ladders, aerial devices, self-rescue fall protection equipment (suspension steps that deploy when the shock-absorber deploys, self-rescue SRLs, etc.) The employer is required to ensure that workers are trained in rescue procedures and conduct practice drills.

Worker sign-off

The employer must ensure that all workers affected by this FPP have read and understood the plan. Prior to a worker signing this FPP, the employer needs to ensure that workers have read and understood all information in and attached to this FPP. This is required in order for the employer to comply with Sec. 141 of the Code (Instruction of Workers). Many other Code sections also require worker training.

Created by: _____

Workers Involved:

Worker Name:	Signature:
Worker Name:	Signature:
Worker Name:	Signature:
Worker Name:	Signature:
Worker Name:	Signature:
Worker Name:	Signature