Fall Protection Work Plan

Company _____ Project Name _____

Site Address _____ Start date/Duration _____

Work Description/Location _____

Supervisor in Charge _____

Form Completed by _____

Are records of approved Working at Heights training up-to-date and readily available? Yes ◯ No ◯

NOTES:

1. Form is to be completed by a supervisor or worker who has taken approved WAH training.
2. Keep form on site as a record of site-specific training.
3. All workers to inspect PPE.
4. When establishing controls, refer to Steps 3 and 4.

Step 1: Identify the site-specific fall hazards and controls.

Hazard(s)	Description	Control	Initial

Step 2: Identify changes in the workplace.

If the Fall Protection Work Plan was developed beforehand, inspect the work location again and look for any new hazards related to the work currently being done.

Do any new hazards exist? Yes ◯ No ◯ Initial ☐

If Yes, list the controls for these new hazards and review it with workers.

Hazard(s)	Description	Control	Initial

Step 3: Try to eliminate the fall hazard.

Can the work be relocated to a place where a fall hazard does not exist?	Y	N
Can the work be delayed until permanent safety features are installed?	Y	N
Can a guardrail system be used? If Yes, consider the following:		
Does the guardrail meet the strength requirements of O. Reg. 213/91, s. 26.3?	Y	N
Is the guardrail no more than 30 cm (12 in) from the edge being protected?	Y	N
Has it been installed according to the manufacturer's recommendations?	Y	N
If made of wood, can the guardrail resist all loads that it may be subjected to?	Y	N
Can floor or roof openings be covered? If Yes, consider the following:		
Does the cover meet the strength requirements of O. Reg. 213/91, s. 26.3 (2)?	Y	N
Is the cover securely fastened?	Y	N
Is the cover adequately identified as a cover?	Y	N
Can an elevated work platform (EWP) be used? If Yes, consider the following:		
Is the EWP located on a level surface?	Y	N
Is the surface able to support the EWP and its load?	Y	N
Has the worker on it received fall protection training and been trained on this specific EWP?	Y	N
Is there a worker on the ground who is able to lower the EWP in case of an emergency?	Y	N
Can a travel restraint system be used? If Yes, consider the following:		
Does the system meet the requirements of O. Reg. 213/91, s. 26.4?	Y	N
Does the anchor point meet the requirements of O. Reg. 213/91, s. 26.7?	Y	N
Is the equipment certified by the Canadian Standards Association (CSA)?	Y	N
Is the travel restraint system set up to prevent the worker from reaching the fall hazard? If not, a fall arrest system may be needed.	Y	N
Have other fall hazards in the area been considered? If not, a fall arrest system may be needed.	Y	N
Has the equipment and system been inspected before use, as per the manufacturer's instructions and CSA requirements?	Y	N
Can scaffolding or pump jacks be used?	Y	N

Step 4: Take steps to control the fall hazard.

Can a fall arrest system be used? If Yes, consider the following:

Is an emergency plan in place to rescue a suspended worker whose fall has been arrested? (See Step 8)	Y	N
Has the worker been trained in fall protection and the specific fall arrest system being used?	Y	N
Does the fall arrest system meet the requirements of Reg. 213/91, s.26.6?	Y	N
Does the anchor point meet the requirements of Reg. 213/91, s.26.7?	Y	N
Is the anchor point located so that the lifeline is close to a 90° angle from the edge?	Y	N
Is the fall arrest system set up to prevent the worker from hitting an object below?	Y	N
Have other fall hazards in the work area been considered?	Y	N
Has the fall arrest equipment been certified by the CSA?	Y	N
Has the fall arrest equipment and system been inspected before use, as per the manufacturer's instructions and CSA requirements?	Y	N
If using a horizontal lifeline system, has it been designed by a professional engineer and installed according to the engineer's requirements?	Y	N

Can a safety net be used? If Yes, consider the following:

Is an emergency plan in place to rescue a suspended worker whose fall has been arrested? (See Step 8)	Y	N
Does the safety net meet the requirements of Reg. 213/91, s.26.8?	Y	N
Has the safety nets been installed according to the manufacturer's instructions?	Y	N
Has the safety nets been inspected according to the manufacturer's instructions?	Y	N

Is a ladder being used? If Yes, consider the following: (resources available at ihsa.ca/falls)

Has a risk assessment been done? (See IHSA's *Ladder Risk Assessment Checklist*.)	Y	N
Are the requirements of IHSA's *Ladder Use in Construction Guideline* being met?	Y	N

Can any other steps to control the fall hazards be used? If Yes, describe them below: Y N

Step 5: Make a diagram of the location of each fall hazard and include any relevant details.

Step 6: Calculate the fall clearance distance.

Step 7: Describe the system setup or work procedures.

Step 8: Create a fall emergency plan to rescue a suspended worker whose fall has been arrested (one for each location if required).

Rescue Equipment			
Equipment Inspection Date			
Roles of Rescuers			
Rescuers' Names			
Rescuers' Signatures			
Has the plan been practiced? ◯ Y ◯ N		Drill Date	

Step 9: Get approvals.

Prepared by		Date Prepared	
Approved by		Date Approved	

Step 10: Get worker sign-off.

Workers need to acknowledge that they have read the requirements and understand their responsibilities under the Fall Protection Work Plan.

Print Name	Signature

Fall Protection Methods

Workers who may be exposed to a fall hazard must be protected by the highest-ranked method of fall protection that is practicable (O.Reg. 213/91, s.26.1(2)). The higher the method is ranked, the less chance there is for a worker to be injured. Ranked in order, they are:

1		**Hazard Elimination** Changing the work process so the hazard no longer exists (e.g., building a roof on the ground and hoisting it into place)
2		**Guardrails, Protective Covers, and Warning Barriers** Prevents a fall from unprotected edges or openings at heights.
3		**Travel Restraint System** Allows a worker to reach the edge of a fall hazard but not fall over it.
4		**Fall Restricting System** Designed to limit a fall distance to 0.6 m (2 ft).
5		**Fall Arrest System** Designed to stop the fall of a worker before they hit the ground or objects below.
6		**Safety Net** Designed to catch a falling worker before they hit the ground or objects below.

Fall Arrest Systems

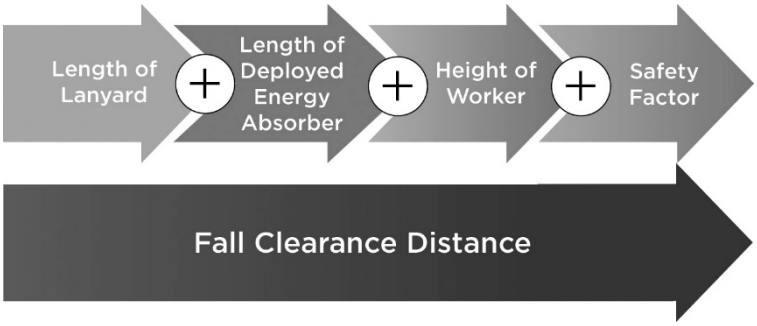
If a fall arrest system is the most practicable solution to preventing fall hazards on your site, you must assess the hazards a worker may be exposed to in case of an arrested fall.

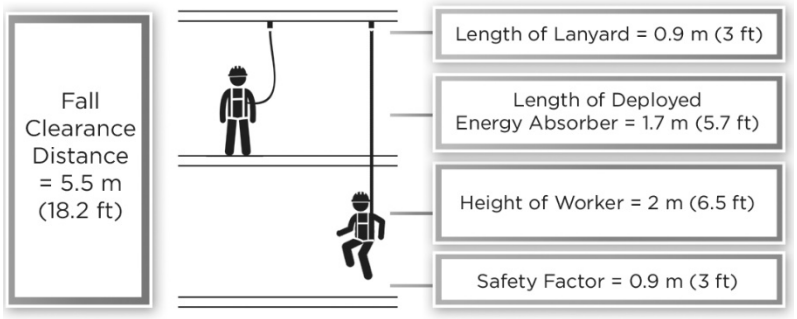
- Will the worker "**bottom out**", that is, hit the ground or any material, equipment, or a lower level of the structure before the fall is arrested?
- Will the **pendulum effect** cause the worker to swing from side to side, possibly striking some equipment, material, or the structure?
- Will the suspended worker be rescued quickly enough to avoid **suspension trauma**?

Bottoming Out

Fall arrest systems must be planned, designed, and installed to prevent any risk of bottoming out. To do that, you need to calculate the fall clearance distance, which is the distance from the ground (or object below) to the connection point where the worker attaches their lanyard to the anchor or lifeline.

The calculation for the fall clearance distance is:





In this example, the worker's connection point to the anchor needs to be at least **5.5 m (18.2 ft)** from the ground or bottom level.

Pendulum Effect

To minimize the pendulum effect, workers should keep their lanyard or lifeline perpendicular from the edge to the anchor. The farther a worker moves sideways (not perpendicular) from the anchor point, the greater the chance of a swing fall. Swinging may even cause a taut lanyard or lifeline to break where it runs over rough or sharp edges.

Where work extends along an open edge, anchor points can be changed to keep the lanyard or lifeline perpendicular as work progresses. Another solution is to run a horizontal lifeline parallel to the edge.

Suspension Trauma

When fall arrest systems are used, the possibility of suspension trauma is a serious concern. This condition, which is potentially fatal, occurs when a person is suspended motionless in a vertical position in the harness while awaiting rescue.

When developing a fall rescue plan, ensure that the suspended worker is brought to safety as soon as possible to prevent suspension trauma. For more information, see the OSHA Health and Safety Information Bulletin: www.osha.gov/dts/shib/shib032404.html