



## Fall Protection Policy

### Introduction

It is the policy of The City of Stacy to take all practical measures possible to prevent employees from being injured by falls from heights. We will take necessary steps to eliminate, prevent, and control fall hazards. We will comply fully with the OSHA Fall Protection standard (CFR 1926, Subpart M, Fall Protection).

This policy will follow the OSHA standard for potential falls from heights of at least 6 feet. First consideration will be given to the elimination of fall hazards. If a fall hazard cannot be eliminated, effective fall protection will be planned, implemented, and monitored to control the risks of injury due to falling.

All personnel exposed to potential falls from heights will be trained to minimize the exposures. Fall protection equipment will be provided and its use required by all employees. ~~Foreman~~ Supervisor will be responsible for implementation of a fall protection plan for their jobsite.

Commented [SP1]: Mark Ness Comment: Correct term?

### FALL HAZARD IDENTIFICATION AND EVALUATION:

The supervisor on each jobsite will be responsible for identifying fall hazards on their jobsite annually. The supervisor will evaluate each situation or work procedure where employees may be exposed to a fall of 6 feet or more. The supervisor will be responsible for developing a plan to eliminate the exposures, if possible, or to select the appropriate fall protection systems and/or equipment.

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### EXAMPLES OF SITUATIONS REQUIRING FALL PROTECTION:

The following are examples of situations where fall protection would be needed. This listing is by no means complete, and there are many other situations where a fall of 6 feet or more is possible. It should be noted that ladders and scaffolding are not included in this list because they are covered by other OSHA standards and other requirements of our safety program.

#### Wall Openings

Each employee working on, at, above, or near wall openings (including those with chutes attached) where the outside bottom edge of the wall opening is 6 feet (1.8 meters) or more above lower levels and the inside bottom edge of the wall opening is less than 39 inches (1.0 meter) above the walking/working surface must be protected from falling by the use of a guardrail system, a safety net system, or a personal fall arrest system.

46 **Holes**

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48 Personal fall arrest systems, covers, or guardrail systems shall be erected around holes (including  
49 skylights) that are more than 6 feet (1.8 meters) above lower levels.

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51 **Leading Edges**

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53 Each employee who is constructing a leading edge 6 feet (1.8 meters) or more above lower levels  
54 shall be protected by guardrail systems, safety net systems, or personal fall arrest systems.

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56 **Excavations**

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58 Each employee at the edge of an excavation 6 feet (1.8 meters) or more deep shall be protected  
59 from falling by guardrail systems, fences, barricades, or covers. Where walkways are provided to  
60 permit employees to cross over excavations, guardrails are required on the walkway if it is 6 feet  
61 (1.8 meters) or more above the excavation.

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63 **Formwork and Reinforcing Steel**

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65 For employees, while moving vertically and/or horizontally on the vertical face of rebar assemblies  
66 built in place, fall protection is not required when employees are moving. OSHA considers the  
67 multiple hand holds and foot holds on rebar assemblies as providing similar protection as that  
68 provided by a fixed ladder. Consequently, no fall protection is necessary while moving point to  
69 point for heights below 24 feet (7.3 meters). An employee must be provided with fall protection  
70 when climbing or otherwise moving at a height more than 24 feet (7.3 meters), the same as for  
71 fixed ladders.

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73 **Hoist Areas**

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75 Each employee in a hoist area shall be protected from falling 6 feet (1.8 meters) or more by  
76 guardrail systems or personal fall arrest systems. If guardrail systems (or chain gate or guardrail)  
77 or portions thereof must be removed to facilitate hoisting operations, as during the landing of  
78 materials, and a worker must lean through the access opening or out over the edge of the access  
79 opening to receive or guide equipment and materials, that employee must be protected by a  
80 personal fall arrest system.

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82 **Overhand Bricklaying and Related Work**

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84 Each employee performing overhand bricklaying and related work 6 feet (1.8 meters) or more  
85 above lower levels shall be protected by guardrail systems, safety net systems, or personal fall  
86 arrest systems, or shall work in a controlled access zone. All employees reaching more than 10  
87 inches (25 cm) below the level of a walking/working surface on which they are working shall be  
88 protected by a guardrail system, safety net system, or personal fall arrest system.

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90 **Precast Concrete Erection and Residential Construction**

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92 Each employee who is 6 feet (1.8 meters) or more above lower levels while erecting precast  
93 concrete members and related operations such as grouting of precast concrete members and  
94 each employee engaged in residential construction, shall be protected by guardrail systems,  
95 safety net systems, or personal fall arrest systems.

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**Ramps, Runways, and Other Walkways**

Each employee using ramps, runways, and other walkways shall be protected from falling 6 feet (1.8 meters) or more by guardrail systems.

**Low-slope Roofs**

Each employee engaged in roofing activities on low-slope roofs with unprotected sides and edges 6 feet (1.8 meters) or more above lower levels shall be protected from falling by guardrail systems, safety net systems, personal fall arrest systems or a combination of a warning line system and guardrail system, warning line system and safety net system, warning line system and personal fall arrest system, or warning line system and safety monitoring system. On roofs 50 feet (15.24 meters) or less in width, the use of a safety monitoring system without a warning line system is permitted.

**Steep Roofs**

Each employee on a steep roof with unprotected sides and edges 6 feet (1.8 meters) or more above lower levels shall be protected by guardrail systems with toeboards, safety net systems, or personal fall arrest systems.

**Controlled Access Zones**

A Controlled access zone is a work area designated and clearly marked in which certain types of work (such as overhand bricklaying) may take place without the use of conventional fall protection systems—guardrail, personal arrest or safety net—to protect the employees working in the zone.

Controlled access zones are used to keep out workers other than those authorized to enter work areas from which guardrails have been removed. Where there are no guardrails, masons are the only workers allowed in controlled access zones.

Controlled access zones, when created to limit entrance to areas where leading edge work and other operations are taking place, must be defined by a control line or by any other means that restrict access. Control lines shall consist of ropes, wires, tapes or equivalent materials, and supporting stanchions, and each must be:

- Flagged or otherwise clearly marked at not more than 6-foot (1.8 meters) intervals with high-visibility material;
- Rigged and supported in such a way that the lowest point (including sag) is not less than 39 inches (1 meter) from the walking/working surface and the highest point is not more than 45 inches (1.3 meters)—nor more than 50 inches (1.3 meters) when overhand bricklaying operations are being performed—from the walking/working surface;
- Strong enough to sustain stress of not less than 200 pounds (0.88 kilonewtons). Control lines shall extend along the entire length of the unprotected or leading edge and shall be approximately parallel to the unprotected or leading edge.
- Control lines also must be connected on each side to a guardrail system or wall. When control lines are used, they shall be erected not less than 6 feet (1.8 meters) nor more than 25 feet (7.6 meters) from the unprotected or leading edge, except when precast concrete members are being erected. In the latter case, the control line is to be erected not less than 6 feet (1.8 meters) nor more than 60 feet (18 meters) or half the length of the member being erected, whichever is less, from the leading edge.

149 Controlled access zones when used to determine access to areas where overhand bricklaying  
150 and related work are taking place are to be defined by a control line erected not less than 10  
151 feet (3 meters) nor more than 15 feet (4.6 meters) from the working edge. Additional control  
152 lines must be erected at each end to enclose the controlled access zone. Only employees  
153 engaged in overhand bricklaying or related work are permitted in the controlled access zones.  
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- 155 • On floors and roofs where guardrail systems are not in place prior to the beginning of  
156 overhand bricklaying operations, controlled access zones will be enlarged as necessary to  
157 enclose all points of access, material handling areas, and storage areas.  
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159 On floors and roofs where guardrail systems are in place, but need to be removed to allow  
160 overhand bricklaying work or leading edge work to take place, only that portion of the guardrail  
161 necessary to accomplish that day's work shall be removed.  
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## 163 **FALL PROTECTION SYSTEMS**

164 When there is a potential fall of 6 feet or more, we will utilize one or more of the following means  
165 of providing protection:  
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### 167 **Guardrail Systems**

168 Guardrail systems must meet the following criteria. Toprails and midrails of guardrail systems  
169 must be at least one-quarter inch (0.6 centimeters) nominal diameter or thickness to prevent cuts  
170 and lacerations. If wire rope is used for toprails, it must be flagged at not more 6 feet intervals (1.8  
171 meters) with high-visibility material. Steel and plastic banding cannot be used as toprails or  
172 midrails. Manila, plastic, or synthetic rope used for toprails or midrails must be inspected as  
173 frequently as necessary to ensure strength and stability.  
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175 The top edge height of toprails, or (equivalent) guardrails must be 42 inches (1.1 meters) plus or  
176 minus 3 inches (8 centimeters), above the walking/working level. When workers are using stilts,  
177 the top edge height of the top rail, or equivalent member, must be increased an amount equal to  
178 the height of the stilts.  
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180 Screens, midrails, mesh, intermediate vertical members, or equivalent intermediate structural  
181 members must be installed between the top edge of the guardrail system and the walking/working  
182 surface when there are no walls or parapet walls at least 21 inches (53 centimeters) high. When  
183 midrails are used, they must be installed at a height midway between the top edge of the guardrail  
184 system and the walking/working level. When screens and mesh are used, they must extend from  
185 the top rail to the walking/working level and along the entire opening between top rail supports.  
186 Intermediate members, such as balusters, when used between posts, shall not be more than 19  
187 inches (48 centimeters) apart.  
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189 Other structural members, such as additional midrails and architectural panels, shall be installed  
190 so that there are no openings in the guardrail system more than 19 inches (48 centimeters).  
191

192 The guardrail system must be capable of withstanding a force of at least 200 pounds (890  
193 newtons) applied within 2 inches of the top edge in any outward or downward direction. When the  
194 200 pound (890 newtons) test is applied in a downward direction, the top edge of the guardrail  
195 must not deflect to a height less than 39 inches (1 meter) above the walking/working level.  
196

197 Midrails, screens, mesh, intermediate vertical members, solid panels, and equivalent structural  
198 members shall be capable of withstanding a force of at least 150 pounds (667 newtons) applied in  
199 any downward or outward direction at any point along the midrail or other member.  
200

201 Guardrail systems shall be surfaced to protect workers from punctures or lacerations and to  
202 prevent clothing from snagging.

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204 The ends of top rails and midrails must not overhang terminal posts, except where such overhang  
205 does not constitute a projection hazard.

206  
207 When guardrail systems are used at hoisting areas, a chain, gate or removable guardrail section  
208 must be placed across the access opening between guardrail sections when hoisting operations  
209 are not taking place.

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211 At holes, guardrail systems must be set up on all unprotected sides or edges. When holes are  
212 used for the passage of materials, the hole shall have not more than two sides with removable  
213 guardrail sections. When the hole is not in use, it must be covered or provided with guardrails  
214 along all unprotected sides or edges.

215  
216 If guardrail systems are used around holes that are used as access points (such as ladderways),  
217 gates must be used or the point of access must be offset to prevent accidental walking into the  
218 hole.

219  
220 If guardrails are used at unprotected sides or edges of ramps and runways, they must be erected  
221 on each unprotected side or edge.

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### 223 **Personal Fall Arrest Systems**

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225 These consist of an anchorage, connectors, and a body belt or body harness and may include a  
226 deceleration device, lifeline, or suitable combinations. If a personal fall arrest system is used for  
227 fall protection, it must do the following:

- 228 • Limit maximum arresting force on an employee to 900 pounds (4 kilonewtons) when used with  
229 a body belt;
- 230 • Limit maximum arresting force on an employee to 1,800 pounds (8 kilonewtons) when used  
231 with a body harness;
- 232 • Be rigged so that an employee can neither free fall more than 6 feet (1.8 meters) nor contact  
233 any lower level;
- 234 • Bring an employee to a complete stop and limit maximum deceleration distance an employee  
235 travels to 3.5 feet (1.07 meters); and
- 236 • Have sufficient strength to withstand twice the potential impact energy of an employee free  
237 falling a distance of 6 feet (1.8 meters) or the free fall distance permitted by the system,  
238 whichever is less.

239

240 The use of body belts for fall arrest is prohibited and a full body harness is required.

241

242 Personal fall arrest systems must be inspected prior to each use for wear damage, and other  
243 deterioration. Defective components must be removed from service.

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### 245 **Positioning Device Systems**

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247 These body belt or body harness systems are to be set up so that a worker can free fall no farther  
248 than 2 feet (0.6 meters). They shall be secured to an anchorage capable of supporting a least  
249 twice the potential impact load of an employee's fall or 3,000 pounds (13.3 kilonewtons),  
250 whichever is greater.

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253 **Safety Monitoring Systems**

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255 When no other alternative fall protection has been implemented, the employer shall implement a  
256 safety monitoring system. Employers must appoint a competent person to monitor the safety of  
257 workers and the employer shall ensure that the safety monitor:

- 258 • Is competent in the recognition of fall hazards;
- 259 • Is capable of warning workers of fall hazard dangers and in detecting unsafe work practices;
- 260 • Is operating on the same walking/working surfaces of the workers and can see them;
- 261 • Is close enough to work operations to communicate orally with workers and has no other  
262 duties to distract from the monitoring function.

263  
264 Mechanical equipment shall not be used or stored in areas where safety monitoring systems are  
265 being used to monitor employees engaged in roofing operations on low-sloped roofs.

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267 No worker, other than one engaged in roofing work (on low-sloped roofs) or one covered by a fall  
268 protection plan, shall be allowed in an area where an employee is being protected by a safety  
269 monitoring system.

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271 All workers in a controlled access zone shall be instructed to promptly comply with fall hazard  
272 warnings issued by safety monitors.

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274 **Safety Net Systems**

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276 Safety nets must be installed as close as practicable under the walking/working surface on which  
277 employees are working and never more than 30 feet (9.1 meters) below such levels. Defective  
278 nets shall not be used. Safety nets shall be inspected at least once a week for wear, damage, and  
279 other deterioration. Safety nets shall be installed with sufficient clearance underneath to prevent  
280 contact with the surface or structure below.

281 Items that have fallen into safety nets including—but not restricted to, materials, scrap,  
282 equipment, and tools—must be removed as soon as possible and at least before the next work  
283 shift.

284  
285 **Warning Line Systems**

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287 Warning line systems consist of ropes, wires, or chains, and supporting stanchions and are set up  
288 as follows:

- 289 • Flagged at not more than 6-foot (1.8 meters) intervals with high-visibility material;
- 290 • Rigged and supported so that the lowest point including sag) is no less than 34 inches (0.9  
291 meters) from the walking/working surface and its highest point is no more than 39 inches (1  
292 meter) from the walking/working surface.
- 293 • Stanchions, after being rigged with warning lines, shall be capable of resisting, without tipping  
294 over, a force of at least 16 pounds (71 newtons) applied horizontally against the stanchion, 30  
295 inches (0.8 meters) above the walking/working surface, perpendicular to the warning line and  
296 in the direction of the floor, roof, or platform edge;
- 297 • The rope, wire, or chain shall have a minimum tensile strength of 500 pounds (2.22  
298 kilonewtons) and after being attached to the stanchions, must support without breaking the  
299 load applied to the stanchions as prescribed above.
- 300 • Shall be attached to each stanchion in such a way that pulling on one section of the line  
301 between stanchions will not result in slack being taken up in the adjacent section before the  
302 stanchion tips over.
- 303

304 Warning lines shall be erected around all sides of roof work areas. When mechanical equipment  
305 is being used, the warning line shall be erected not less than 6 feet (1.8 meters) from the roof  
306 edge parallel to the direction of mechanical equipment operation, and not less than 10 feet (3  
307 meters) from the roof edge perpendicular to the direction of mechanical equipment operation.  
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309 When mechanical equipment is not being used, the warning line must be erected not less than 6  
310 feet (1.8 meters) from the roof edge.  
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### 312 **Covers**

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314 Covers located in roadways and vehicular aisles must be able to support at least twice the  
315 maximum axle load of the largest vehicle to which the cover might be subjected. All other covers  
316 must be able to support at least twice the weight of employees, equipment, and materials that  
317 may be imposed on the cover at any one time. To prevent accidental displacement resulting from  
318 wind, equipment, or workers' activities, all covers must be secured. All covers shall be color  
319 coded or bear the markings "HOLE" or "COVER."  
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### 321 **Protection from Falling Objects**

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323 When guardrail systems are used to prevent materials from falling from one level to another, any  
324 openings must be small enough to prevent passage of potential falling objects. No materials or  
325 equipment except masonry and mortar shall be stored within 4 feet (1.2 meters) of working edges.  
326 Excess mortar, broken or scattered masonry units, and all other materials and debris shall be kept  
327 clear of the working area by removal at regular intervals.  
328

329 During roofing work, materials and equipment shall not be stored within 6 feet (1.8 meters) of a  
330 roof edge unless guardrails are erected at the edge, and materials piled, grouped, or stacked near  
331 a roof edge must be stable and self-supporting.  
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### 333 **TRAINING:**

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335 Employees will be trained in the following areas: (a) the nature of fall hazards in the work area; (b)  
336 the correct procedures for erecting, maintaining, disassembling, and inspecting fall protection  
337 systems; (c) the use and operation of controlled access zones and guardrail, personal fall arrest,  
338 safety net, warning line, and safety monitoring systems; (d) the role of each employee in the  
339 safety monitoring system when the system is in use; (e) the limitations on the use of mechanical  
340 equipment during the performance of roofing work on low-sloped roofs; (f) the correct procedures  
341 for equipment and materials handling and storage and the erection of overhead protection; and,  
342 (g) employees' role in fall protection plans.