

## Site-Specific Fall Protection Work Plan

Company name:	Project:
Estimated start date and duration (if required):	Site Address:
Person completing form:	
Supervisor in charge:	
Description and location of work:	
Are Working at Heights records of training up-to-date and readily available? <input type="radio"/> Y <input type="radio"/> N	

**NOTES:**

1. Form is to be completed by a worker or supervisor 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 fall hazards and controls.

Hazard(s)	Description	Control	Initial

### Step 2: Identify changes in the workplace.

If the FPWP 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?       Y     N      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?	<input type="radio"/> Y <input type="radio"/> N
Can the work be delayed until permanent safety features are installed?	<input type="radio"/> Y <input type="radio"/> N
Can a guardrail system be used? If Yes, consider the following: <ul style="list-style-type: none"> <li>• Does it meet the strength requirements of O. Reg. 213/91, s. 26.3?</li> <li>• Is it no more than 30 cm (12 in) from the edge being protected?</li> <li>• Has it been installed according to the manufacturer's recommendations?</li> <li>• If it is made of wood, can it resist all loads that a worker may subject it to?</li> </ul>	<input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N
Can floor or roof openings be covered? If Yes, consider the following: <ul style="list-style-type: none"> <li>• Does cover meet the strength requirements of O. Reg. 213/91, s. 26.3 (2)?</li> <li>• Is it securely fastened?</li> <li>• Is it adequately identified as a cover?</li> </ul>	<input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N
Can an elevated work platform (EWP) be used? If Yes, consider the following: <ul style="list-style-type: none"> <li>• Is the EWP on a level surface?</li> <li>• Is the surface capable of supporting its load?</li> <li>• Has the worker received fall protection training and been trained in the use of this specific EWP?</li> <li>• Is there a worker on the ground capable of lowering the platform in the event of an emergency?</li> </ul>	<input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N
Can a travel restraint system be used? If Yes, consider the following: <ul style="list-style-type: none"> <li>• Is the system set up to prevent the worker from reaching the fall hazard?</li> <li>• Does the system meet the requirements of O. Reg. 213/91, s. 26.4?</li> <li>• Does the anchor point meet the requirements of O. Reg. 213/91, s. 26.7?</li> <li>• Have other fall hazards in the work area been considered? If not, you may need to use a fall arrest system.</li> <li>• Is the equipment certified by the Canadian Standards Association (CSA)?</li> <li>• Has the equipment and system been inspected before use, as per the manufacturer's instructions and CSA requirements?</li> </ul>	<input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> Y <input type="radio"/> N
Can scaffolding or pump jacks be used?	<input type="radio"/> Y <input type="radio"/> N

Step 4: Take steps to control the fall hazard.	
<p>Can a fall arrest system be used? If Yes, consider the following:</p> <ul style="list-style-type: none"> <li>• Is a fall rescue plan in place to rescue a suspended worker? (See Step 8)</li> <li>• Has the worker been trained in fall protection and the specific fall arrest system being used?</li> <li>• Is the system set up to prevent the worker from hitting an object below? Have other fall hazards in the work area been considered?</li> <li>• Does the fall arrest system meet the requirements of Reg. 213/91, s.26.6?</li> <li>• Does the anchor point meet the requirements of Reg. 213/91, s.26.7?</li> <li>• Is the anchor point located so that the lifeline is close to a 90° angle from the edge?</li> <li>• Have horizontal lifeline systems been engineered? Have they been installed according to the engineer's requirements?</li> <li>• Has the fall arrest equipment been certified by the CSA?</li> <li>• Has the equipment or system been inspected before use, as per the manufacturer's instructions and CSA requirements?</li> </ul>	<p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p>
<p>Can a safety net be used? If Yes, consider the following:</p> <ul style="list-style-type: none"> <li>• Is a fall rescue plan in place to rescue a suspended worker? (See Step 8)</li> <li>• Do the safety nets meet the requirements of Reg. 213/91, s.26.8?</li> <li>• Have the safety nets been installed according to the manufacturer's instructions?</li> <li>• Have the safety nets been inspected according to the manufacturer's instructions?</li> <li>• Is a fall rescue plan in place to rescue a suspended worker? (See Step 8)</li> </ul>	<p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p> <p><input type="radio"/> Y   <input type="radio"/> N</p>
<p>If you use ladders, have you done a risk assessment? (see Ladder Guideline)</p>	<p><input type="radio"/> Y   <input type="radio"/> N</p>
<p>Can any other controls be used? If Yes, describe them:</p>	<p><input type="radio"/> Y   <input type="radio"/> N</p>

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

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**Step 6: Calculate the fall clearance distance.**

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**Step 7: Describe the system setup or work procedures.**


**Step 8: Create a plan to rescue a suspended worker (at each location if the plan varies).**


Rescue equipment:		
Equipment inspection date:		
Rescuers' names:		
Rescuers' signatures:		
Roles of rescuers:		
Has the plan been practiced?	<input type="radio"/> Y	<input type="radio"/> N
		Drill date:

Step 9: Get approvals.			
Prepared by		Date	
Approved by		Date approved	







Step 10: Get worker sign-off.
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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:

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

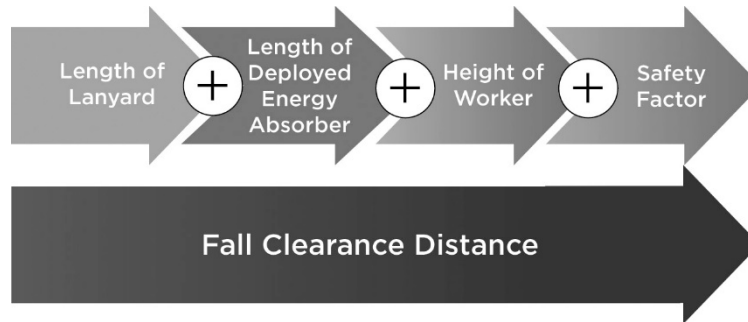
## Fall Arrest Systems

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.

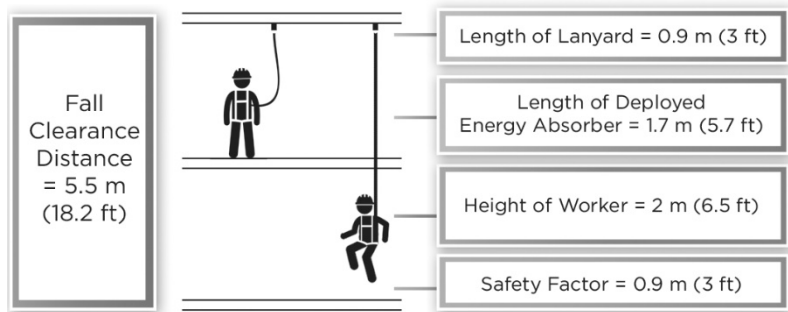
- Will the worker “**bottom out**”, that is, hit the ground or any material, equipment, or a lower level of the structure before the fall is arrested?
- Will the **pendulum effect** cause the worker to swing from side to side, possibly striking some equipment, material, or the structure?
- Will the suspended 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](http://www.osha.gov/dts/shib/shib032404.html)