

## FALL PROTECTION WORK PLAN REQUIREMENTS

Activity	Height Requiring Protection	Protection	Fall Protection Work Plan Required
Walkway/platform above or next to dangerous equipment	Any height	Use guardrails and toeboards	No
Floor openings	Any height	Protected or covered	No
Impalement hazard present	Any height	Protected or covered or fall restraint or arrest	No
Open sided floor, platform or surface	4 feet	Guard with standard railing or equivalent on all open sides except where there is an entrance to a ramp, stairway or fixed ladder.	No
Stairs	>30 inches, or 4 or more risers	Stair rails or guardrails	No
Roofing work or leading edge work on a low pitched roof	6 feet	Fall restraint or fall arrest required at greater than or equal to 10 feet	Yes
Maintenance and Construction	4 feet	Fall protection; guardrails,	No
		Fall protection; fall restraint or fall arrest at greater than or equal to 10 feet	Yes
Aerial Lift (JLG, telescopic booms)	Any height	Guardrails and full-body harness, lanyard devices fixed to attachment points provided and approved by equipment manufacturer.	No Exception: Yes, if feet leave platform
Scissor lifts	Any height	Guardrails; optional or department mandated full-body harness, lanyard devices fixed to attachment points provided and approved by manufacturer.	No Exception: Yes, if feet leave platform
Scaffolds	10 feet	Provide fall arrest for erection and dismantling scaffold and where guardrails are not installed during use	Yes
		Guardrails are installed during use of scaffold	No
Trenching/Excavation	4 feet	Guardrails where walkways are 4 feet or more above lower levels	No
	10 feet	No guardrails, fall arrest or fall restraint systems	Yes
Accessing equipment/mechanical rooms on roofs	4 feet	Parapet wall/guardrail 42 inches or higher	No
		Unguarded roof edge or walkway provide fall restraint or fall arrest system at greater or equal to 10 feet	Yes
Ladders (Fixed) General or Construction Industry	24 feet	Ladder safety devices, self-retracting lifelines and rest platforms, a cage or well, multiple ladder section and landing platforms	No
Portable ladders	Any height	Follow ladder safety rules	No
		Where both hands are used for work task where there is a potential for falling greater than or equal to 10 feet	Yes
Electrical Workers	4 feet	Fall arrest equipment, work positioning equipment, travel restricting equipment when >4 feet above ground on poles, towers, etc.	No

## What is a fall hazard?

A fall hazard is anything in the workplace that could cause an unintended loss of balance, or bodily support, and result in a fall. Fall hazards cause accidents such as the following:

- A worker walking on a roof with an unprotected edge trips and falls over the edge.
- A worker falls when an unsecured ladder shifts.
- A worker carrying plywood on a flat roof steps into a skylight opening.

Fall hazards are foreseeable. You can identify them and eliminate or control them before they cause injuries.

## How do I evaluate a fall hazard?

Identify hazardous work areas such as:

- Holes in walking/working surfaces workers could slip or fall into
- Elevated walking/working surfaces workers could fall off
- Skylights that workers could step into or fall through
- Wall openings such as those for windows and doors that workers could fall through
- Trenches and excavations that workers could fall into
- Walking/working surfaces above dangerous equipment
- Hoist areas, loading docks, etc. where guardrails have been removed to receive materials.
- Leading edges (typically only new roofing) that change locations as additional sections are added

Identify tasks that could expose workers to falls:

- Working on roofs
- Working on scaffolds
- Working on fixed or portable ladders
- Loading/unloading materials at loading docks
- Working in attic spaces without flooring system or catwalk with guardrails
- Working in aerial lifts or on suspension platforms

## What happens if I identify a fall hazard?

With your lead, supervisor, manager, and EH&S (as needed), work to eliminate fall hazards if you can:

- Perform construction work on the ground prior to lifting it to an elevated position.
- Use tool extensions to perform the work from the ground.
- If frequent access is needed to an area, install stairs or a fixed ladder.

Identify fall hazards you can't eliminate and determine how you will prevent or control falls:

- Covers, guardrails, handrails, perimeter safety cables, and personal fall restraint systems can be used to prevent falls.
- Personal fall arrest systems can be used to control falls.
- Develop a [Fall Protection Work Plan](#) using the template provided on the EH&S website.