

Occupational Health and Safety Bulletin



Fall Protection Plan

This Safety Bulletin outlines the requirements of specific sections of Alberta's *Occupational Health and Safety (OHS) Code 2009* related to Fall Protection Plans, and includes a basic template. Workers working from heights and employers responsible for the worksites need to understand what is required by law.

Legislative Requirements

Section 140 of the *Code* states:

- 140(1)** An employer must develop procedures that comply with this Part in a fall protection plan for a work site if a worker at the work site may fall 3 metres or more and the worker is not protected by guardrails.
- 140(2)** A fall protection plan must specify
- (a) the fall hazards at the work site,
 - (b) the fall protection system to be used at the work site,
 - (c) the anchors to be used during the work,
 - (d) that clearance distances below the work area, if applicable, have been confirmed as sufficient to prevent a worker from striking the ground or an object or level below the work area,
 - (e) the procedures used to assemble, maintain, inspect, use and disassemble the fall protection system, where applicable, and
 - (f) the rescue procedures to be used if a worker falls and is suspended by a personal fall arrest system or safety net and needs to be rescued.
- 140(3)** The employer must ensure that the fall protection plan is available at the work site and is reviewed with workers before work with a risk of falling begin.
- 140(4)** The employer must ensure that the plan is updated when conditions affecting fall protection change.

Key Points to Remember

1. There must be a Fall Protection Plan (FPP) for all work from a height of 3 metres or more where the worker is not protected by guardrails and when a travel restraint or personal fall arrest is used. While a FPP is not required for aerial platforms, it is recommended.
2. The FPP must be available at the work site and be reviewed with workers before starting work at heights.
3. The FPP must be site and situation specific and updated when conditions change. This means there may be several FPPs for different jobs at a single site, such as work on structural steel, Q-decking, etc.
4. The FPP must contain the detailed information in Section 140(2).

Out of date

Fall Protection Plan Template

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")

Fall Protection System to be used at the Work Site

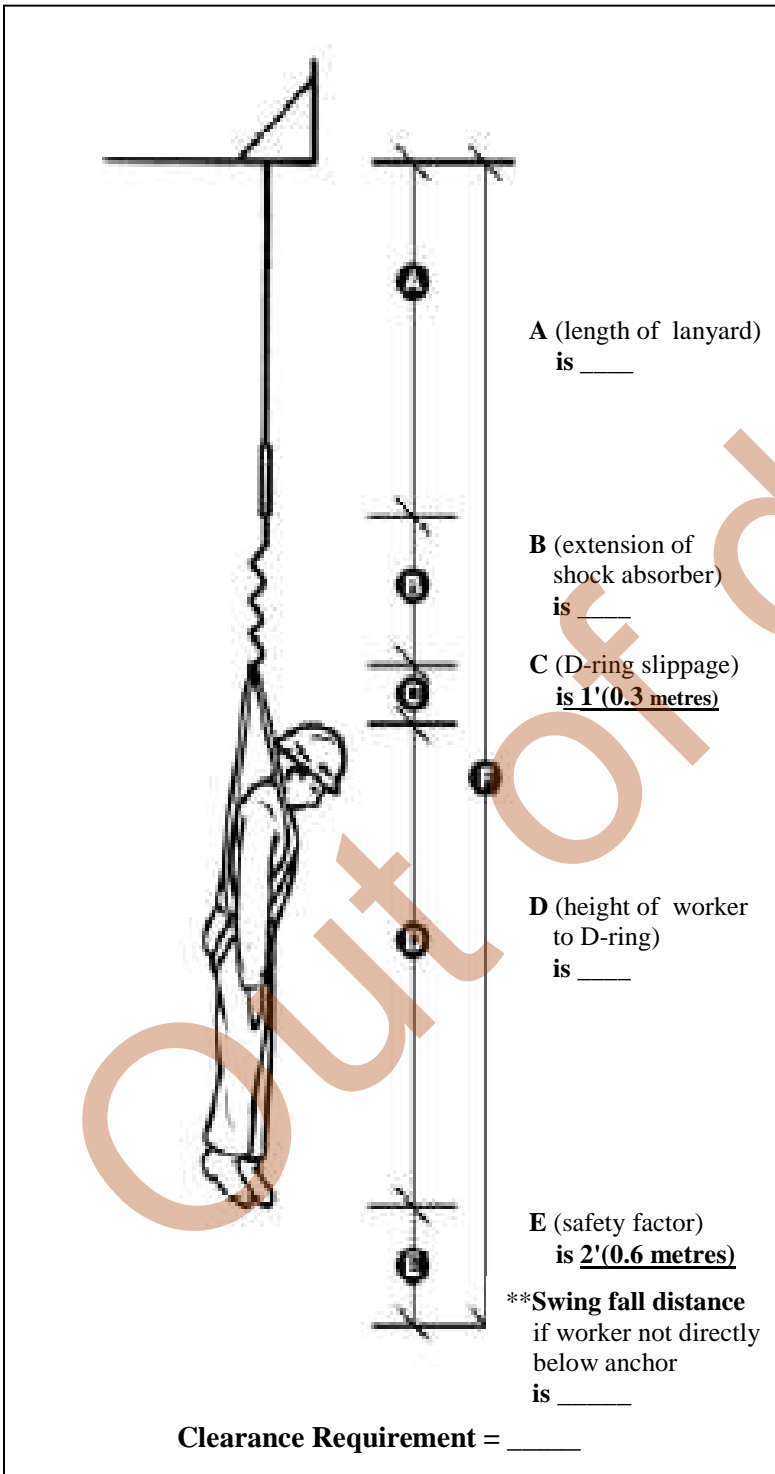
Details about the type of equipment (travel restraint, fall arrest, fixed anchor, lifeline and grab, SRL, shock-absorber, etc.), brands and models of components, length of lanyard, etc.

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.

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.



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 than 1.2 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: |

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Web Site



www.worksafe.alberta.ca

Getting copies of *OHS Act*, Regulation & Code:

Queen's Printer



www.qp.alberta.ca

Occupational Health and Safety

<http://humanservices.alberta.ca/working-in-alberta/295.html>



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