

Fall protection plan

Information sheet for residential roofing

This bulletin provides an overview of fall protection planning for Alberta employers, prime contractors and workers working in residential roofing.

KEY INFORMATION

A fall protection plan must include:

- the potential fall hazards to the worker,
- the fall protection system being used,
- appropriate anchors to be used,
- the clearance distance below work area,
- inspection and maintenance of fall protection equipment, and
- rescue procedures.

Alberta OHS legislation

Section 140 of Alberta's Occupational Health and Safety (OHS) Code requires employers to prepare a fall protection plan when work-at-height situations meet *both* of the following requirements:

- (1) a worker may fall 3 metres or more, and
- (2) the worker is not protected by guardrails.

Fall hazards at the work site

The employer must conduct a hazard assessment and list the circumstances that could put a worker in a fall situation. Examples include a leading edge, an unguarded opening or a boom-supported work platform. Consider:

- Areas where fall hazards can change, such as when working at gable ends, or sub-levels that are below the level being worked on.
- Objects or machinery that workers can fall onto.

Elimination of a hazard is the best way of controlling the hazard. Examples of ways to eliminate fall hazards include installing guardrails, building a roof on the ground and lifting it into place, etc.

Clearance

Clearance distances below the work area must be enough to prevent a worker from striking the ground or an object or level below the work area upon full deployment of a fall arrest system.

- Clearance distances are based on the type of fall protection equipment used and the anchor location.
- Safety ropes should not have excess length above the rope grab.
- The fall protection plan template at the end of this bulletin shows how to calculate the clearance distance for the most commonly used system with a fixed length lanyard.

If the required clearance cannot be achieved, the employer must find another way to do the work that addresses the fall hazard.

Availability and review by workers

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 begins.

In the attached fall protection plan template, workers are required to sign off as evidence of having reviewed the plan.

Contact us

OHS Contact Centre

(Complaints, questions, reporting serious incidents)

Anywhere in Alberta

- 1-866-415-8690

Edmonton & surrounding area

- 780-415-8690

Deaf or hearing impaired

- 1-800-232-7215 (Alberta)

- 780-427-9999 (Edmonton)

File a complaint online

ohsComplaintsPortal.labour.alberta.ca

Online incident reporting

(Potentially serious, mine or mine site incidents)

oir.labour.alberta.ca

Website

alberta.ca/OHS

For more information

Occupational health and safety fall protection plan (GS010)

ohs-pubstore.labour.alberta.ca/gs010

Fall protection plan template – residential roofing (GS016TMP)

ohs-pubstore.labour.alberta.ca/gs016tmp

Employer’s guide to occupational health and safety (LI009)

ohs-pubstore.labour.alberta.ca/li009

Worker’s guide to occupational health and safety (LI008)

ohs-pubstore.labour.alberta.ca/li008

Get copies of the *OHS Act*, Regulations and Code

Alberta Queen’s Printer

qp.gov.ab.ca

Occupational Health and Safety

alberta.ca/ohs-act-regulation-code.aspx

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Classification: Public



Fall Protection Plan Template

For residential roofing

This form must be updated if conditions change (section 140(4) of Alberta's Occupational Health and Safety Code).

Name of employer (and location of work site if necessary): _____

Period for which this plan is valid: _____

Fall hazard(s) at the work site:

What are the distances from all roof edges to the surfaces below? _____

Fall protection system(s) to be used at the work site

Brief description of the system(s) being used, for example, fall arrest, guard rails and/or safety net. A rope grab system is considered a personal fall protection system.

Anchor(s) to be used

Temporary anchors are used in residential roofing. Ensure the manufacturer's instructions are readily available.

- Follow manufacturer's instructions for location, number and type of fasteners.
- Only one worker per anchor, unless allowed by manufacturer.

Manufacturer _____

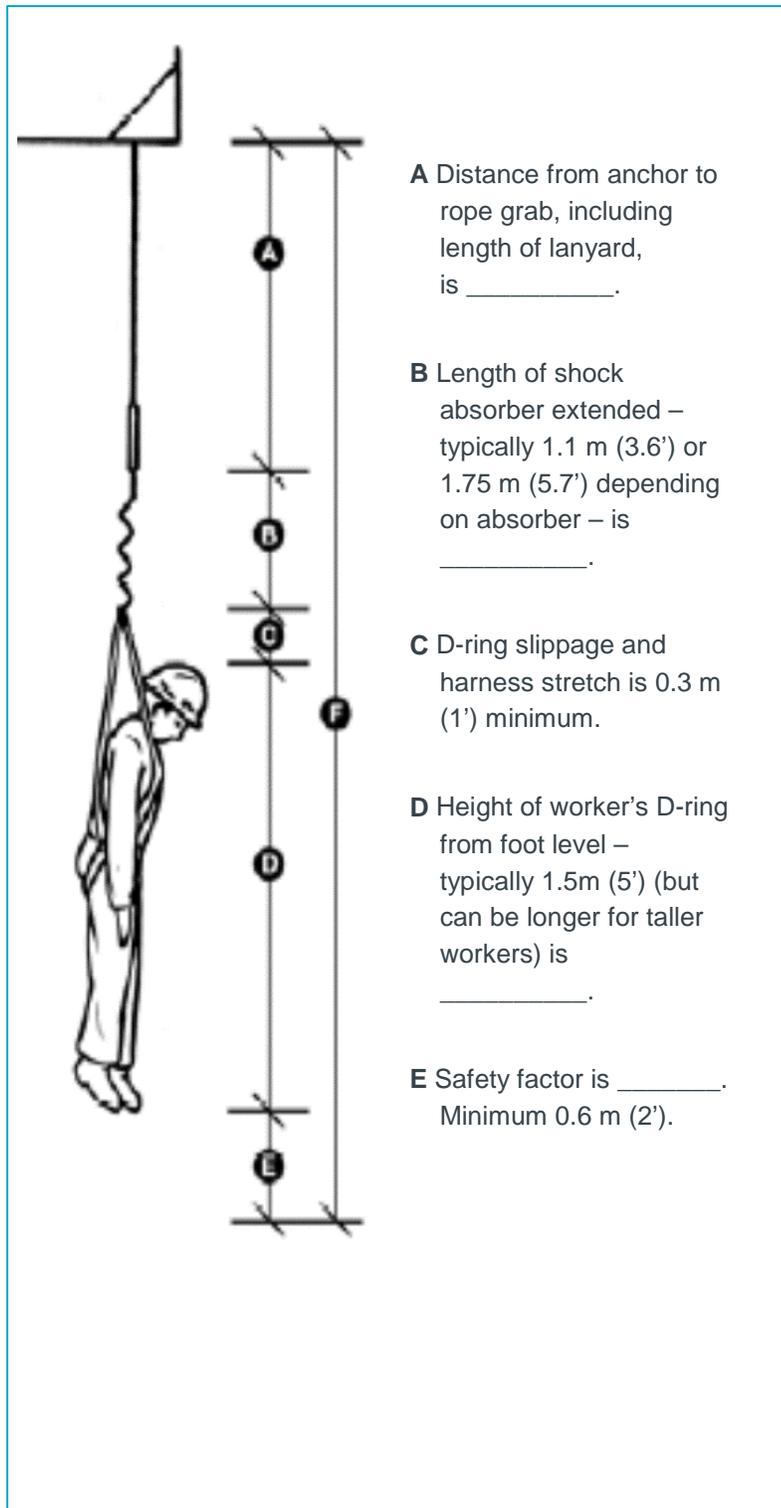
Type _____

Number and type of fasteners _____

Location instructions

Clearance requirement

This must be calculated. The distance the worker falls upon full deployment of the fall arrest system must be less than the distance to the ground or an object or level below the work area.



Calculating required clearance

Add **A + B + C + D + E**, to determine minimum distance from anchor point to nearest surface or object below worker.

Clearance required _____

Actual distance to surface below _____

The actual distance to the surface below must be greater than the clearance required. If not, a falling worker will strike that lower surface. A different anchor location or type of fall protection system may be required.

Notes:

- Lower roofs may need a very short lanyard to maintain clearance distance.
- Shock absorber length when extended will be on a manufacturer's tag attached to the shock absorber.
- A typical fall arrest system using a 1.8 m (6') lanyard and normal energy absorber requires a minimum clearance distance of 5.6 m (18.5').
- Where the worker is not directly below the anchor point, the employer must account for any swing hazards.
- A self-retracting device used according to the manufacturer's instructions typically requires a minimum clearance distance of 4.4 m (14.5'). Actual distances can be greater.

Equipment inspection

Inspect equipment for damage or wear prior to and during use. Remove from use and tag deficient equipment.

Rescue procedure

Calling 9-1-1 and waiting for rescue services personnel to arrive is an insufficient emergency response. The employer must have some basic level of on-site rescue capability in case rescue services personnel are delayed or unable to attend the scene. Examples include ladders, aerial devices, self-rescue fall protection equipment such as leg loop extensions, and/or self-retracting devices with integral winches that can be used to safely access and lower an injured worker. The employer must 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 fall protection plan have reviewed it. As evidence of that, the template requires workers to sign off on the plan each time it is used. Any new workers also need to review and sign off on the fall protection plan.

Workers Involved (add new signatures as required):

Worker name	Worker signature	Date signed
Worker name	Worker signature	Date signed
Worker name	Worker signature	Date signed

This form is for example purposes only. Completing this form alone will not necessarily put you in compliance with the legislation. It is important and necessary that you customize this document to meet the unique circumstances of your work site. Further, it is essential that this document is not only completed, but is used, communicated, and implemented in accordance with the legislation. The Crown, its agents, employees or contractors will not be liable to you for any damages, direct or indirect, arising out of your use of this form.