

Chapter 7 Fall Protection

A. References

- a. SPPM, 3.34, Elevated Work Safety.
<https://policies.wsu.edu/prf/index/manuals/contents-chapter-3/3-34-elevated-work-safety/>
- b. SPPM, 3.34, Fall Protection Plan Form.
<https://policies.wsu.edu/prf/documents/2017/10/3-34-fall-protection-work-plan.pdf/>
- c. WAC 296-800-27010, Make Sure That Floors are Safe
<https://app.leg.wa.gov/WAC/default.aspx?cite=296-800-27010&pdf=true>
- d. WAC, 296-155-Part C-1, Fall Protection Requirements for Construction
<https://app.leg.wa.gov/WAC/default.aspx?cite=296-880-30005&pdf=true>
- e. WA Labor and Industries 296-155-Part C Personal Protective Equipment and Life Saving Equipment
<https://app.leg.wa.gov/WAC/default.aspx?cite=296-155-200&pdf=true>
- f. WSU BPPM 90.01 Records Retention,
http://www.wsu.edu/~forms/HTML/BPPM/90_Records/90.01_Safety_Records.htm

B. Appendices

- a. Appendix A – Potential Fall Hazard Assessment
- b. Appendix B – Fall Protection Plan Form

C. Scope

This chapter establishes fall protection requirements for College of Agricultural, Human, and Natural Resource Sciences (CAHNRS) employees referencing the following: [WAC 296-155-Part C-1 Fall Protection Requirements for Construction](#) and [WAC 296-800-27010](#), Floor Holes and Openings and Open-sided Floors.

D. Responsibilities:

Supervisors:

- Inspect and evaluate all work sites for potential fall hazards, including hazards from falling objects. Fall hazards are documented and communicated referencing this chapter's requirements.
- Inspect, or designate an appropriate individual to inspect, fall protection anchors for damage and deterioration prior to each use. Fall-protection anchor devices or points are inspected referencing the inspection process noted in this Chapter's inspection section. Non-compliant anchor devices or points are identified and tagged out of service.
- Ensure all work sites with fall hazards are guarded with applicable fall protection and falling object protection.
- Ensure fall protection plans are prepared when required by a competent person with an understanding of regulatory fall protection requirements and fall protection systems.

- Communicate personal protective equipment (PPE) requirements to employees referencing this APP's PPE Chapter.

Employees assigned to a job with a fall protection plan have the authority to take immediate corrective action to eliminate employee exposure to fall hazards.

- Ensure the fall protection plan is communicated to all employees assigned to a job and enforced during work.
- Discipline personnel not adhering to the fall protection plan.
- Ensure the fall protection plan is posted on the job site until the job is completed.
- Arrange for employee fall protection training.

Employees:

- Inspect and assess all work sites for potential fall hazards, including hazards from falling objects. Review workplace-specific fall hazard assessments and when authorized, document and communicate hazards referencing this chapter's requirements.
- Inspect all fall protection anchors prior to use for deterioration and damage.
- Use an anchor point only after it has been confirmed not to be damaged, and (if the building is maintained by Facilities Services) labeled as shown in Appendix D or approved for use as an anchor point by an authorized person.
- When authorized, prepare fall protection plans, communicate plans to employees assigned to a job and post plans on the job site.
- Acknowledge reading and understanding the fall protection plan for specific jobs.
- Use personal protective equipment (PPE) in accordance with this AAP's PPE chapter.
- Follow the fall protection plan and use the required fall protection equipment and/or system when working in the fall hazard area.
- Participate in fall protection training.

E. Training

CAHNRS employees identified as exposed, or potentially exposed to fall hazards receive training. Fall protection training will include the following:

- When fall protection is required;
- Basic fall protection, once at the time of hire;
- Advanced fall protection, when required to prepare fall protection plans;
- Job-specific fall-protection instructions, when assigned to a workplace with a related fall protection plan, and;

- Re-training will be required when:
 - There have been changes in the workplace, such as new processes and equipment, which render previous training obsolete;
 - Changes in the types of equipment that render the previous training obsolete;
 - When an employee exhibits inadequate knowledge, skill and understanding or non-conforming use of the equipment; and/or
 - When regulatory requirements (DOSH) change.

F. Requirements

General

All elevated workplaces of 4 feet or more, except loading docks, will be inspected and assessed for fall hazards and guarded with fall protection and inspected for hazards from falling objects. All workplaces having a fall hazard of 10 feet or more will have a written, site-specific, fall protection plan prepared, communicated to assigned employees and posted at the job site before employees begin work.

Fall Protection Work Plan

The job-specific fall protection plan shall be documented using the standard Fall Protection Plan form, provided in Appendix B. Fall protection plan documents are stored on the EHS shared drive by task or project, building and location. These plans may be modified for similar future work at the same location. The fall protection plan document shall be retained on the job site while work is in progress.

Fall Protection Anchor Point Inspection

The means, methods, and materials used to install fall protection anchor points or devices that will be used by CAHNRS employees shall be inspected and approved for use by a competent (fall protection) person or by a WA State licensed structural engineer or architect for conformance to the requirements of: [WAC 296-155-Part C-1 Fall Protection Requirements for Construction](#) and to manufacturer's installation instructions.

Appendix A - Fall Hazard Assessment

Building:
Location:
Work/Task:

Assessed By:	Date:
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Hazard	Yes	No	Systems Required
1. Parapet walls or guardrails less than 39 inches high?			See Below
2. The answer to #1 is "yes," <i>and</i> the distance from the work to the fall hazard is 15 feet or less (low slope roof).			a. Install permanent or temporary guardrail; b. Install 5000 lb. (fall arrest) permanent wall anchors in penthouse walls if concrete**; c. Install fall arrest permanent deck anchors; d. Install horizontal lifeline anchored with fall arrest anchors at each end and at intermediate locations if span exceeds 50 ft. e. Investigate integrity of fixed equipment to determine whether it is capable of serving as fall arrest or four times the intended load (fall restraint) anchor***. f. Encircle penthouse with long lifeline to serve as fall arrest or restraint anchor; g. Use penthouse door jamb as anchor if angle to work area is less than 30° (right or left). h. Use warning line/safety monitor system when working less than 15 ft. from fall hazard. i. Use safety watch system if work can be accomplished by 1 person, no mechanical equipment will be used, and a competent person per WAC 296-155-24603 is available to serve as safety watch.

Hazard	Yes	No	Systems Required
3. The answer to #1 is “yes,” and the distance from the roof access hatch to unprotected fall hazards is less than 15 feet (low slope roof).			a. If deck is not slippery, walk directly to nearest anchor and hook up; b. If deck is slippery tie off to the access hatch ladder or stairs with padded lifeline and walk to and connect to the nearest fall arrest or fall restraint anchor; (Note: employees must not be exposed to a potential free fall of more than six feet, so an intermediate anchor may need to be installed.) c. Install horizontal lifeline running from anchor at hatch to work area anchor.
4. The answer to #1 is yes , and the distance from work area to an unguarded roof hatch is 15 feet or less (low slope roof).			a. Shut hatch cover; b. Install permanent guardrail around hatch, with spring-loaded gate; c. Install temporary guardrail around hatch; d. Use warning line/safety monitor system when working less than 15 ft. from open hatch; e. Use fall arrest or fall restraint system to prevent employee from falling down the hatch.
5. The answer to #1 is “yes,” and the distance to the fall hazard is less than 15 ft. (low slope roof).			Use one of a-h in #2 above, and complete and post fall Protection work plan on inside of penthouse door or hatch cover.
6. The distance to an unguarded less than 800 pound rated skylight (low slope roof).			a. Use one of a-h in #2 above; b. Install commercial skylight fall protection screens.
7. The roof pitch exceeds 4:12			a. Use fall restraint system; b. Use Fall arrest system; c. Use positioning device system.
8. Hazardous slopes where employees are exposed to a fall 4 ft. or greater.			a. Use fall restraint system; b. Use positioning device system.

*Hazardous Condition means a fall to a lower level of four feet or more.

**If fall protection systems other than guardrails or warning line systems are being used, it is assumed the employee wears a properly-fitted fall arrest harness and connects it to the fall arrest system with a shock-absorbing lanyard (ANSI Z359.1-2007 or most current). Fall arrest systems must be rigged to allow a maximum freefall distance of 6 ft. so an employee will not contact lower levels see [WAC-296-155-24624, Appendix B](#).

***If fall protection systems other than guardrails, or warning line, or fall arrest systems are being used, it is assumed the employee wears a properly-fitted fall arrest harness and connects it to the fall restraint system using a non-shock-absorbing lanyard.

Appendix B - FALL PROTECTION PLAN FORM

Job Name:	Job Number:
Building:	Location:
Work Activity:	
Prepared By:	Date
<p>This document must be completed by a fall protection competent person, understanding DOSH fall protection requirements and fall protection systems available to WSU. The competent person and all EHS personnel working at heights above 10 feet have the authority to take stop work and take corrective action when workplace hazards are identified. This plan shall be implemented and posted on-site while work is performed.</p>	

Populate the following table sections with a brief description of selected controls.

Work Area Fall Hazards

Leading Edge:
Greater than 4:12 Pitch:
Roof Openings e.g. Hatch/Skylight:
Floor Opening/Edge:
Other:

Overhead Hazard Protection

Warning Signs:
Barricades:
Covered Walkway:
Fencing:
Debris Net:
Other:

Material and Equipment Handling and Storage

Tools and materials stored 6' away from edge:
Tie downs and Nets:
Loading/Unloading Method:
Other:

Fall Protection Assembly, Maintenance and Inspection

Fall protection devices and systems will be assembled, disassembled, inspected and maintained per manufacturers' instructions and as instructed by the competent person.
Other (specify):

Injured Worker Response

At minimum, 1 site worker will be CPR/First Aid trained, a first aid kit will be readily available. If worker is injured at elevation, call 911 , evaluate condition of injured worker and provide first aid if needed and safe.

Training and Instruction Confirmation

Employees' signatures below confirm an understanding of workplace fall hazards and the fall protection controls and devices used.

Name	Signature	Date
Competent Person:		