

Site-specific fall protection plan

COMPANY

PROJECT / SITE ADDRESS

DATE

PREPARED BY (QUALIFIED PERSON)

COMPETENT PERSON

LAST REVIEWED / UPDATED

1. Work at height
What the crew will do, where, and the heights involved.

2. Fall hazards on this site (check all that apply)

- ☐ Unprotected sides and edges
- ☐ Leading edges
- ☐ Low-slope roof
- ☐ Steep roof
- ☐ Holes and floor openings
- ☐ Skylights
- ☐ Wall openings and windows
- ☐ Ladders
- ☐ Scaffolds
- ☐ Aerial and scissor lifts
- ☐ Excavation edges
- ☐ Formwork and rebar
- ☐ Other:

3. Where workers could fall and how each spot is protected

#	LOCATION / TASK	HEIGHT	PROTECTION	ANCHOR, OR WHERE IT IS PLACED
1				
2				
3				
4				
5				
6				

4. Fall protection used on this job (check)

- ☐ Guardrail system
- ☐ Hole covers
- ☐ Safety net system
- ☐ Personal fall arrest system
- ☐ Fall restraint (can't reach the edge)
- ☐ Positioning device system
- ☐ Warning line system (low-slope roof)
- ☐ Safety monitoring system (low-slope roof)
- ☐ Controlled access zone
- ☐ Scaffold or lift with guardrails
- ☐ Other:

5. Equipment, anchors and inspection

Anchor locations and type

Harnesses, lanyards, lifelines and connectors

Who inspects, and when (before each use)

6. Setting up, maintaining, inspecting and taking down the systems

7. Tools, materials and protection for people below

8. Rescue after a fall

OSHA requires prompt rescue, or that workers can rescue themselves. Calling 911 alone is not a rescue plan.

EMERGENCY: 911. SITE ADDRESS FOR RESPONDERS

NEAREST HOSPITAL

How a fallen worker will be reached (ladder, lift, rescue kit)

Rescue equipment and where it is kept

Workers trained to do a rescue

9. If conventional fall protection can't be used (29 CFR 1926.502(k))

Only for leading edge work, precast concrete erection or residential construction, where guardrails, nets and personal fall arrest are infeasible or create a greater hazard. OSHA presumes they are feasible. Prepared by a qualified person; supervised by a competent person.

Locations, and why conventional protection can't be used

Other measures (scaffolds, ladders, lifts)

Controlled access zones and the workers allowed in them

Safety monitor

10. Changes and incidents

Keep this plan on site and up to date. After a fall or a near miss, investigate and change the plan, procedures or training as needed.

TRAINING RECORD

Training on this fall protection plan

COMPANY	PROJECT	DATE
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REVIEWED BY (COMPETENT PERSON)	REVIEW DATE
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TRAINED BY (NAME)	TRAINER'S SIGNATURE	TRAINING DATE(S)
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#	NAME (PRINT)	SIGNATURE	COMPANY
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