

Sample Fall Protection Plan For Residential Timber Frame Construction *[Insert Company Name]*

This Fall Protection Plan Is Specific for the Following Project:

Location of Job
Date Plan Prepared or Modified
Plan Prepared By
Plan Approved By
Plan Supervised By

The following Fall Protection Plan is a sample program prepared for the prevention of injuries associated with falls. A Fall Protection Plan must be developed and evaluated on a site-by-site basis. It is recommended that builders discuss the written Fall Protection Plan with their OSHA Area Office prior to going on a jobsite.

I. Statement of Company Policy

[Your company name here] is dedicated to the protection of its employees from on-the-job injuries. All employees of *[Your company name here]* have the responsibility to work safely on the job. The purpose of the plan is to supplement our existing safety and health program and to ensure that every employee who works for *[Your company name here]* recognizes workplace fall hazards and takes the appropriate measures to address those hazards.

This Fall Protection Plan addresses the use of conventional fall protection at a number of areas on the project, as well as identifies specific activities that require non-conventional means of fall protection. The areas or tasks may include, but are not limited to:

Identify here the activities where conventional fall protection cannot be used, such as:

- *Connecting activity (point of erection)*
- *Leading edge work.*
- *Unprotected sides or edge.*
- *Setting up fall-arrest systems and anchors*

In these cases, conventional fall protection systems may not be the safest choice for builders. This plan is designed to enable employers and employees to recognize the fall hazards on this job and to establish the procedures that are to be followed in order to prevent falls to lower levels or through holes and openings in walking/working surfaces. It is the responsibility of the employee to understand and adhere to the procedures of this plan and to follow the instructions of the foreman. It is also the responsibility of the employee to bring to management's attention any unsafe or hazardous conditions or acts that may cause injury to either themselves or any other employees.

It is the responsibility of *[name of competent person]* to implement this Fall Protection Plan. Continual observational safety checks of work operations and the enforcement of the safety policy and procedures shall be regularly enforced. The crew supervisor or foreman *[insert name]* is responsible for correcting any unsafe practices or conditions immediately. Any changes to this Fall Protection Plan must be approved by *[name of Qualified Person]*.

II. Fall Protection Systems to Be Used on This Job

Include here the nature of the work to be done, the hazards involved and the systems used to protect the workers. Describe the safety monitoring system if one is used, and how workers will be trained. Here are some examples:

Installation of individual timbers and assemblies will be conducted by employees who are specifically trained to do this type of work and are trained to recognize the fall hazards. The nature of such work normally exposes the employee to the fall hazard for a short period of time. This Plan details how *[Your company name here]* will minimize these hazards.

Examples of such details:

- Fall *prevention* (avoidance) shall be the preferred option for every work task.
- Good work planning and pre-work briefings will be used to identify and communicate potential fall hazards.
- *Discuss the extent to which scaffolds, ladders, or vehicle mounted work platforms can be used to provide a safer working surface and thereby reduce the hazard of falling:*
- Scaffolding will be used to limit the use of ladders wherever possible.
- Where ladders must be used, they will be securely tied and footed.
- Fall-protection anchors and access ropes will be installed prior to the frame raising wherever possible.
- Harnesses and lanyards will be used at all times when operating work placement equipment.
- All participants will be required to use fall protection at all times when there is a risk of falling from a height of over 6 ft.
- All participants using fall protection equipment will be trained to do so.
- All fall protection equipment will be visually inspected prior to use.
- Only safe and appropriate fall protection equipment will be used.
- All participants will be briefed in safe work practices prior to commencing work tasks that require fall protection.
- Conventional fall protection consisting of a full-body harness and lanyard attachment will be used by anyone working over 6 ft above the ground or access scaffold.
- Double-lanyard techniques will be used to pass anchors and obstacles while on fall protection systems. Participants will not disconnect from fall protection systems at any time when there is a fall hazard.
- Rescue equipment will be available on site to recover any person who cannot recover himself or herself from a deployed lanyard or lifeline.
- Power tools will be secured with lanyards while working aloft.

Identify each location where conventional fall protection methods cannot be used. These locations shall then be classified as Controlled Access Zones (CAZ):

Controlled Access Zones (CAZ) will be established around all fall hazards and live edges. These will be clearly marked, and their locations will be communicated to all participants. *(Describe how the CAZ will be marked.)*

Only designated employees will work within the CAZ. *(Name them, if possible.) The Fall Protection Plan must include a statement that provides the name or other method of identification (such as color-coded hard hats) for each employee designated to work in CAZs. No other employees may enter CAZs.*

III. Implementation of Fall Protection Plan

Describe the work procedures and assembly/erection situations.

Be specific, naming the activity, locations and how the workers will be protected, including the how the fall protection and work positioning equipment will be installed and used.

IV. Conventional Fall Protection Considered for the Timber Frame Erection

If applicable, document the reasons why the use of conventional fall protection systems (guard rail systems, personal fall arrest systems, or safety nets systems) are infeasible or why their use would create a greater hazard.

V. Other Fall Protection Measures Considered for This Job

Include here a list and explanation of other fall protection measures available and an explanation of limitations for use on this particular jobsite. These might include the use, or inappropriateness, of scaffolding, ladders and vehicle mounted platforms.

VI. Changes to Plan

Any changes to the plan will be approved by *[name of the qualified person]*. This plan shall be reviewed by a qualified person as the job progresses to determine if additional practices, procedures or training needs to be implemented by the competent person to improve or provide additional fall protection. Workers shall be notified and trained, if necessary, in the new procedures. A copy of this plan and all approved changes shall be maintained at the jobsite.

Sample Fall Protection Plans may be found at the OSHA website (www.osha.gov), Standard 1926, Subpart M, Appendix E. Note that these plans are site specific and are meant for illustrative purposes only. Your own plan must be adapted to your own particular site conditions.