Creating a fall protection plan for your worksite

Guide to the fillable template

This guide describes how to complete each part of the fall protection plan template.

1. Project site description

Fill out all the boxes in this section to describe the worksite accurately. In the "Employer name" box, list the company names for all of the employers involved in using a fall protection system. In the "Task description" box, consider work tasks such as painting, framing, roofing, maintenance, or mechanical installation.

High-risk violation

Employers should be aware that work higher than 3 m (10 ft.) without an effective fall protection system is a "designated high-risk violation," according to WorkSafeBC Policy Item P2-95-2 (criteria for imposing penalties of high-risk violations). Such work is subject to consideration for an administrative penalty.

2. Site-specific details for work at heights

The information in this section is meant to go together with the sketch you'll draw in "Worksite details" (section 3 of the template).

In the "Maximum working height" box, identify the maximum height from which a worker could fall.

When setting up a fall protection system, pay attention to the limits of approach around power lines. The following definitions apply to the "power lines" boxes:

- *High voltage* means a potential difference (voltage) of more than 750 V between conductors or between a conductor and ground.
- *Low voltage* means a potential difference from 31 V to 750 V between conductors or between a conductor and ground.

Limits of approach

The following minimum distances must be maintained when working close to exposed electrical equipment or conductors:

Voltage (phase to phase)	Minimum distance	
	Metres	Feet
31 V to 750 V	1	3.3
Over 750 V to 75 kV	3	10
Over 75 kV to 250 kV	4.5	15
Over 250 kV to 500kV	6	20

In the "Potential hazards" box, include details on items such as adverse weather, uneven or debris-covered ground, equipment and stored materials, stairwells, roof openings or skylights, and proximity of power lines.

Setting up ladders

When using ladders, follow the requirements of section 13.5(2) of the Occupational Health and Safety Regulation, which include the following:

- Set on a firm, level base
- Set at an approximate angle of 75° (4-to-1 ratio) when measured from the horizontal plane of support
- Extended approximately 1 m (3 ft.) above the upper landing (for example, roof edge)
- Secured to prevent inadvertent movement

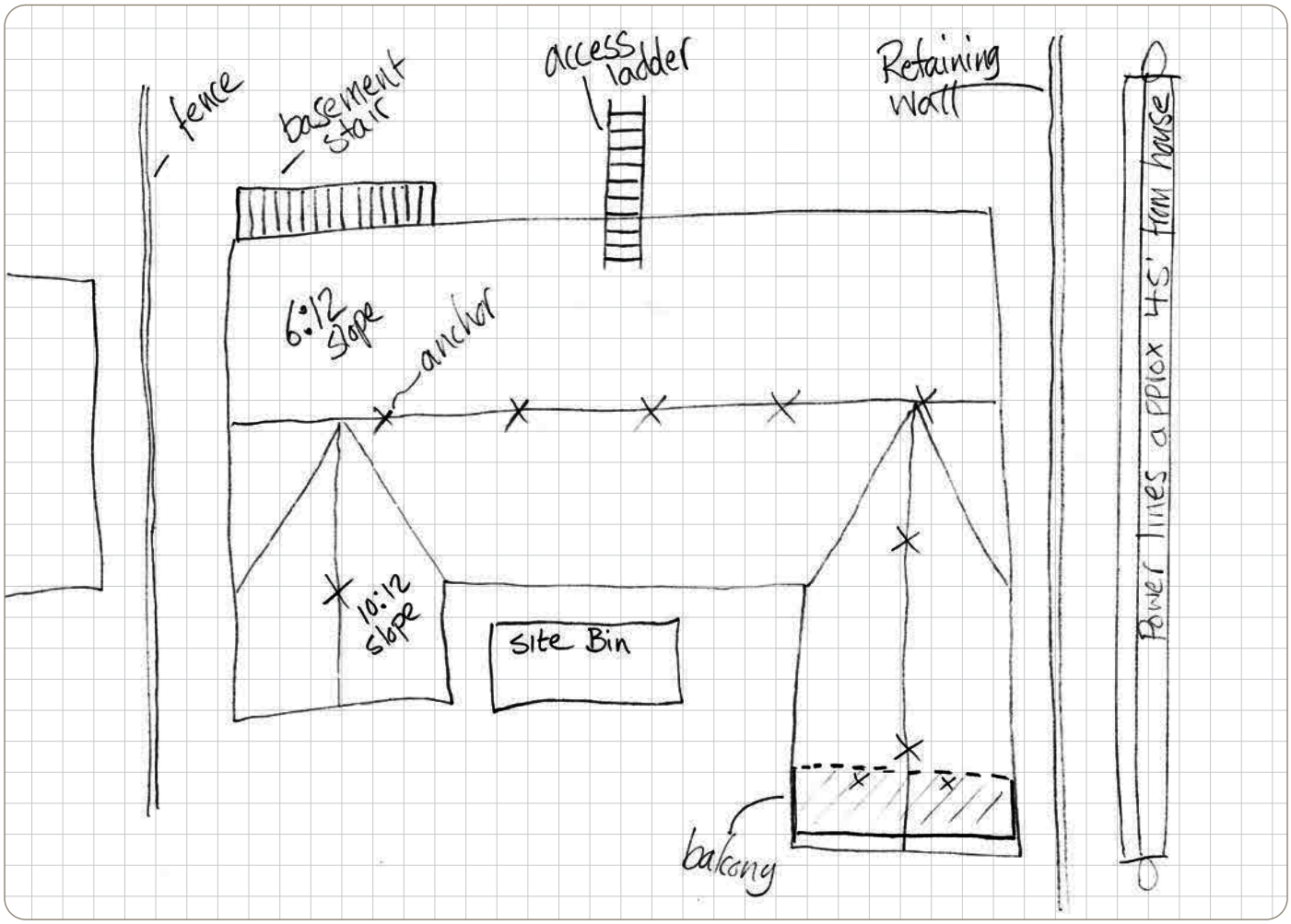
3. Worksite details

Use the blank grid to indicate specific worksite details in a simple drawing. Your drawing doesn't have to be architectural quality, but it should show specific fall protection information, such as anchor locations and hazards at or near the work location.

Written information required for worksite details

You don't have to include a drawing with fall protection information, but you are required to include a written description of the worksite details.

The graphic below is an example of a worksite details drawing.



4. Type of fall protection system for each area and procedures for set-up, use, and removal

When choosing fall protection for each area of the worksite, you must consider fall protection systems according to the fall protection hierarchy, in the following order:

1. Guardrails — A guard consisting of a top rail 102 cm to 112 cm (40 in. to 44 in.) above the work surface and an intermediate rail approximately midway between the underside of the top rail and the top of the toeboard, if there is one, or the work surface if there's no toeboard.

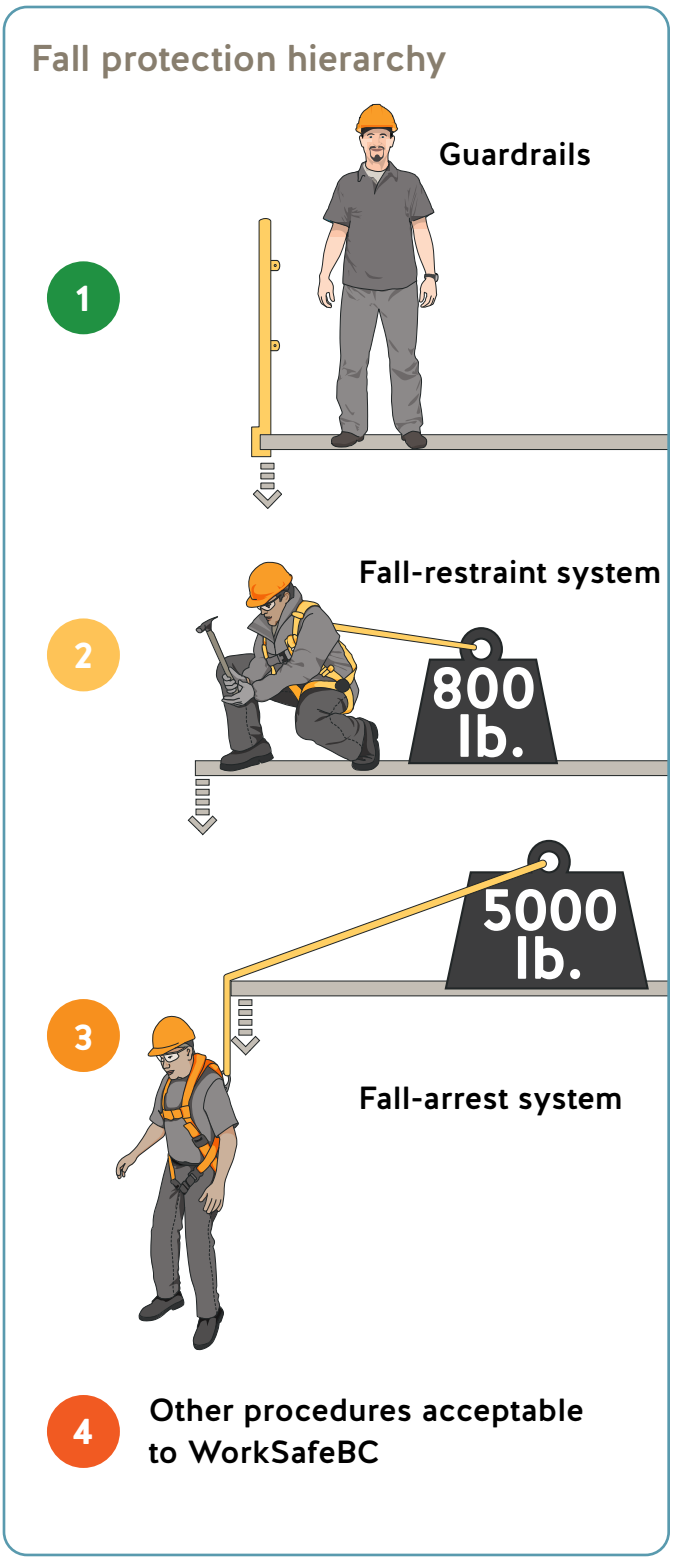
2. Fall restraint — A system that prevents a worker from falling from a work position or travelling to an unguarded edge.

3. Fall arrest — A system that will stop a worker's fall before the worker hits the surface below. Ensure the slack in the fall protection equipment is kept to a minimum to minimize potential free-fall distance.

4. Other procedures — If the above controls are impracticable or will result in a greater hazard than if a fall-arrest system was not used, you must implement other procedures acceptable to WorkSafeBC.*

Only use an option that's further down the list if you've already considered the more effective options and found them to be impracticable. Impracticable means "that which is not reasonably capable of being done." There may be times when you need to use multiple controls, depending on the site conditions — for example, using guardrails on the balconies and fall arrest on the roof.

When selecting a fall protection system, follow the applicable CSA or ANSI standard and the manufacturer's instructions. Consider clearance distances.



* For information on other procedures that are acceptable to WorkSafeBC, refer to guidelines G11.2(5)-1 Safety monitor system as a work procedure acceptable to WorkSafeBC and G11.2(5)-3 Other acceptable work procedures

Multiple fall protection plans

For larger worksites, you may need more than one fall protection plan or different plans for different days as the work progresses.

Before a worker is allowed into an area where a risk of falling exists, the employer must ensure that the worker is instructed in the fall protection system for the area and the procedures to be followed. Employers must also ensure on an ongoing basis that workers continue to follow manufacturer's instructions for fall protection equipment.

In the table, under "Equipment description and procedures for set-up, use, maintenance, inspection, and removal," describe all the equipment you'll be using for your fall protection systems and your procedures for assembling, inspecting, using, maintaining, and removing the fall protection.

Here are some examples of equipment used in fall protection systems:

- Anchors
- Full body harnesses and safety belts
- Energy-absorbing (shock-absorbing) lanyards
- Self-retracting lanyards
- Vertical and horizontal lifelines
- Rope grabs (fall arresters)
- Guardrails

What is an *anchor*?

An anchor is a component or subsystem of a fall protection system used to connect the other parts of a fall protection system to an anchorage. It includes an anchorage connector.

For more information, see section 11.6 of the Regulation.

5. Rescue procedures

In this section, describe your procedures for rescuing a worker who has fallen and is suspended by a personal fall protection system or safety net, but is unable to self-rescue.

Using fall protection equipment safely

Follow these requirements:

- Follow the manufacturer's instructions for assembly, removal, maintenance, and inspection of equipment.
- Inspect equipment before each use for damage and wear.
- Tag and remove defective equipment or components from service immediately.

If workers are not rescued quickly enough, they can sustain serious injuries related to suspension trauma. Suspension trauma safety straps can relieve the pressure where the straps are positioned on a worker's legs until there's a safe way to descend to a safe position.

What is *suspension trauma* (a.k.a. *suspension intolerance*)?

Annex G of the Industrial Rope Access Trade Association's *International Code of Practice for Industrial Rope Access* states that suspension intolerance is a condition in which a suspended person, e.g., in a harness, can experience certain symptoms related to restricted blood flow, which can lead to unconsciousness and eventually death.

Even with effective planning and fall protection in place, employers must have rescue procedures in place. An effective plan may involve calling 911, but it should also include details on self-rescue

or assisted rescue until emergency medical services arrive on scene. Call the BC Construction Safety Alliance at 604.636.3675 for more information or help with rescue procedures.

6. Record of review

Before a worker is allowed into an area where a risk of falling exists, the employer must ensure the worker is instructed in the fall protection system for the area and the procedures to be followed.

For more information

Visit worksafebc.com/residential-construction for more resources on this topic.