



All employees will be required to know the immediate hazards associated with unprotected falls of more than six feet and be able to use company approved specified fall protection equipment in accordance with company policy Project Safe.

Fall Protection Selection and Inspection

- Look over your equipment carefully — when selecting fall protection and each time before use. Look for missing, damaged or loose components.



- Carefully check components such as, hardware, straps, buckles anchor points, connections and distances.



Care & Maintenance

- Keep all equipment in good condition
- Remove defective equipment by tagging and reporting to supervisor.
- Store fall protection equipment out of the reach of other trades
- Protect equipment from damage, weather and corrosive materials.



Types of Fall Protection Guardrails

- Top Rail:** Shall be 42 inches (plus or minus 3 inches) above walking/working level and support a 200lb force
- Mid Rail:** Shall be installed between the top rail and walking/working surface (generally, 21 inches) and support a 150lb force.
- Toe Boards:** Shall be 3 1/2 inches high and support a 50lb force



Personal Fall Arrest System (PFAS)

- The attachment point of the body harness shall be located in the center of the wearer's back near shoulder level, or above the wearer's head.
- Be rigged so that an employee can neither free fall more than six (6) feet nor contact any lower level.
- Anchorage for personal fall arrest systems shall be independent of any anchorage being used to support or suspend platforms and must be capable to support 5000lbs per person.



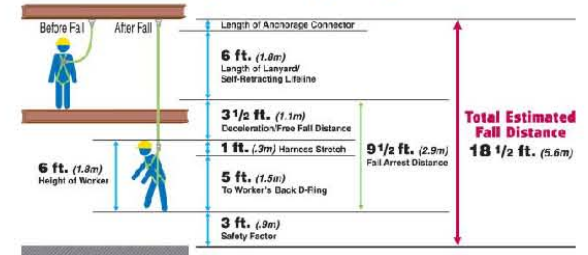
Covers

- All covers shall be capable of supporting, without failure, at least twice the weight of employees, equipment, and materials that may be imposed on the cover at any one time.
- All covers shall be secured when installed to prevent accidental displacement by the wind, equipment or employees.
- All covers shall be secured and color coded or they shall be marked with the word "HOLE" or "COVER" to provide warning of the hazards.



NOTE: LOOK WHATS UNDER COVER BEFORE REMOVING COVER COMPLETELY TO CHECK FOR HOLES, FLOOR DEPRESSIONS OR PENETRATIONS.

Fall Protection Distance (6ft Lanyard)



Fall Protection Equipment

Rope Grab

- Design for use with 5/8-inch synthetic rope lifeline with a minimum tensile strength of 5000lbs.

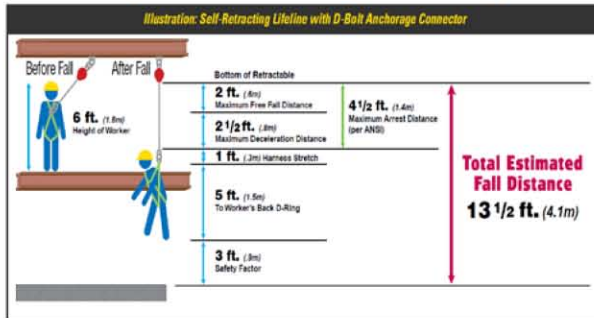


Self Retracting lifeline

- Designed to be used by personnel in applications where fall protection in combination with unrestricted worker mobility is needed.



Fall Protection Distance (Self Retracting Life line)

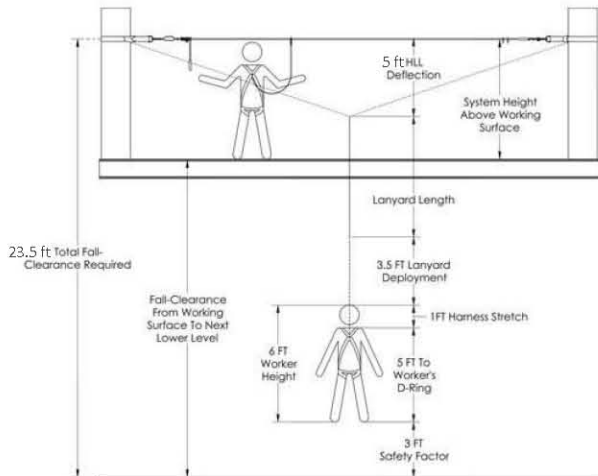


Horizontal Lifeline

- Designed to be used by personnel in applications with leading edges where guardrail systems are not available.



Fall Protection Distance (Horizontal Life line)



Cross-Arm Strap (choker)

- Designed to strap around I-beams and other structures with a D-ring to form a secure attachment point for lanyards and other connecting devices. "Designed for single user operation"



Hold me anchor (Blue Bar)

- Designed to be used for tying knots to terminate lifeline or for convenient lifeline connection points. "Designed for single user operation"



Beam Clamp

- Designed to be attached to horizontal I-beams to form a secure attachment point for lanyards and other connecting devices. "Designed for single user operation"



Concrete Anchor

- Designed to be used by personnel in applications with leading edges where anchor points are not available.



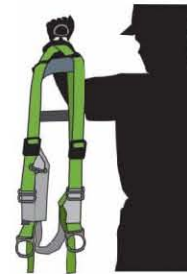
Wire Hook

- Temporary anchor designed to be used by personnel in applications with leading edges with 5000lbs anchor points and only for vertical use.



How to use PFAS

- Hold harness by the rear D-ring



- Make sure chest, leg and waist straps are unbuckled.



- Slip straps over shoulder. Position D-ring in between shoulder blades.



- Pull leg strap between legs and connect to other end. Repeat with second leg.



- Connect and position chest strap in mid-chest area. Tighten strap



- Tighten buckles so that harness is snug but allows for range of movement. Pass excess strap through loop keepers.



- Do not use and aerial lifts guardrails as an anchor point for fall-arrest gear. It might be too weak.

