

Cal Poly

Code of Safe Practice

Fall Protection - General

Safe practices require that personal fall protection devices and or procedures be used whenever an employee is exposed to a potential fall.

Fall Protection Procedures

EVALUATE FALL HAZARDS: The following activities automatically require fall protection.

- Use of an aerial lift in any elevated position.
- Any work above uncapped rebar or any work more than 6' above capped rebar unless guardrails are in place.
- When working 4 feet or more above the ground on any pole, tower, or similar structure.
- Any other activity where there is a potential to fall more than 6 feet from the perimeter of a structure, unprotected sides, leading edges, roofs with a slope steeper than 7:12, or other surfaces sloped more than 40 degrees and where there is no guardrail.

SELECT THE PROPER FALL PROTECTION SYSTEM:

- Personal fall arrest systems: The system of anchor points, lifelines, lanyards, deceleration devices, and body harness designed to limit a potential free fall to 4' and maximum deceleration distance to 3-1/2' as well as prohibit contact with any lower level.
- Personal fall restraint: The system of anchor points, life lines, lanyards, deceleration devices, and body belts or harnesses designed to limit a potential free fall to 4' and to allow employee movement only within and to the sides of the work area.
- Positioning systems: The system of anchor points, lanyards, body belts or harnesses designed to limit potential free fall to 2' and to allow two handed work while held in place by the positioning device.
- Fall protection plans: When other forms of fall protection are determined to be infeasible or not technically possible then a fall protection plan may be developed which specifies controlled access zones and safety monitoring systems.
- Additional fall protection options for roofing installations or replacements include catch platforms, scaffold platforms, eave barriers, and roof jack systems.

INSTALL THE PERSONAL FALL PROTECTION SYSTEM:

- The anchor points for a personal fall arrest/restraint system shall be capable of supporting 5,000 pounds per employee attached and shall not be used to concurrently support or suspend any platform.
- The anchor points for any fall restraint system shall be capable of supporting 4 times the intended load, typically 1,000 pounds.
- The anchor points for any positioning system shall be capable of supporting 2 times the intended load or 3,000 pounds whichever is greater.
- Vertical lifelines must be able to support 5,000 pounds and only one person at a time may be attached to a vertical lifeline.
- Horizontal lifelines must be able to support 5,000 pounds per person attached and must be designed, installed, and used under the supervision of a qualified person.
- All components of a personal fall protection system shall be compatible with one another.
- Non-locking snap hooks are prohibited and body belts are prohibited as part of a personal fall arrest system
- Protect all components of a fall protection system from damage, abrasion, and deterioration.
- Only approved components shall be used.
- A fall protection plan must be designed by a qualified person and implemented by a competent person.

USE OF THE FALL PROTECTION SYSTEM:

- Inspect the fall protection system for damage, each time it is used.
- A competent person shall inspect each fall protection system component, according to manufacturer's instructions, every six months and shall document the inspection in writing.
- Any damaged component shall be tagged and immediately removed from service.
- Any component subject to in-service loading (equivalent to a drop test) shall be tagged and immediately removed from service.
- Anyone who may use personal fall protection systems must be adequately trained in recognition of fall hazards; selection, installation, use, and maintenance of those systems.
- Anyone using a personal fall protection system must use the buddy system (have another employee present within visual/voice contact) and be able to contact Campus Dispatch in case of an emergency.