



# Site-specific Fall Protection Template

Planning plays a key role in protecting workers from fall hazards. This fall protection plan template can assist the planning process. Employers should ensure that fall protection plans are designed to address site-specific conditions and comply with Federal and State Regulations.

Site address:	Start date:
Site description:	Employer:
Work area:	
Tasks:	

**Site-specific Fall Hazards (see diagram on page 2 for more details)**

Max. height - Task 1:	Max. height - Task 2:	Max. height (other):
Roof slope(s), if applicable:		
Proximity to high voltage power lines - (MAD):		
Ground hazards:		
Other/comments:		

**Type of Fall Protection You Will Use (see definitions on page 3)**

<input type="checkbox"/> Fall restraint	<input type="checkbox"/> Fall arrest	<input type="checkbox"/> Temporary guardrail system
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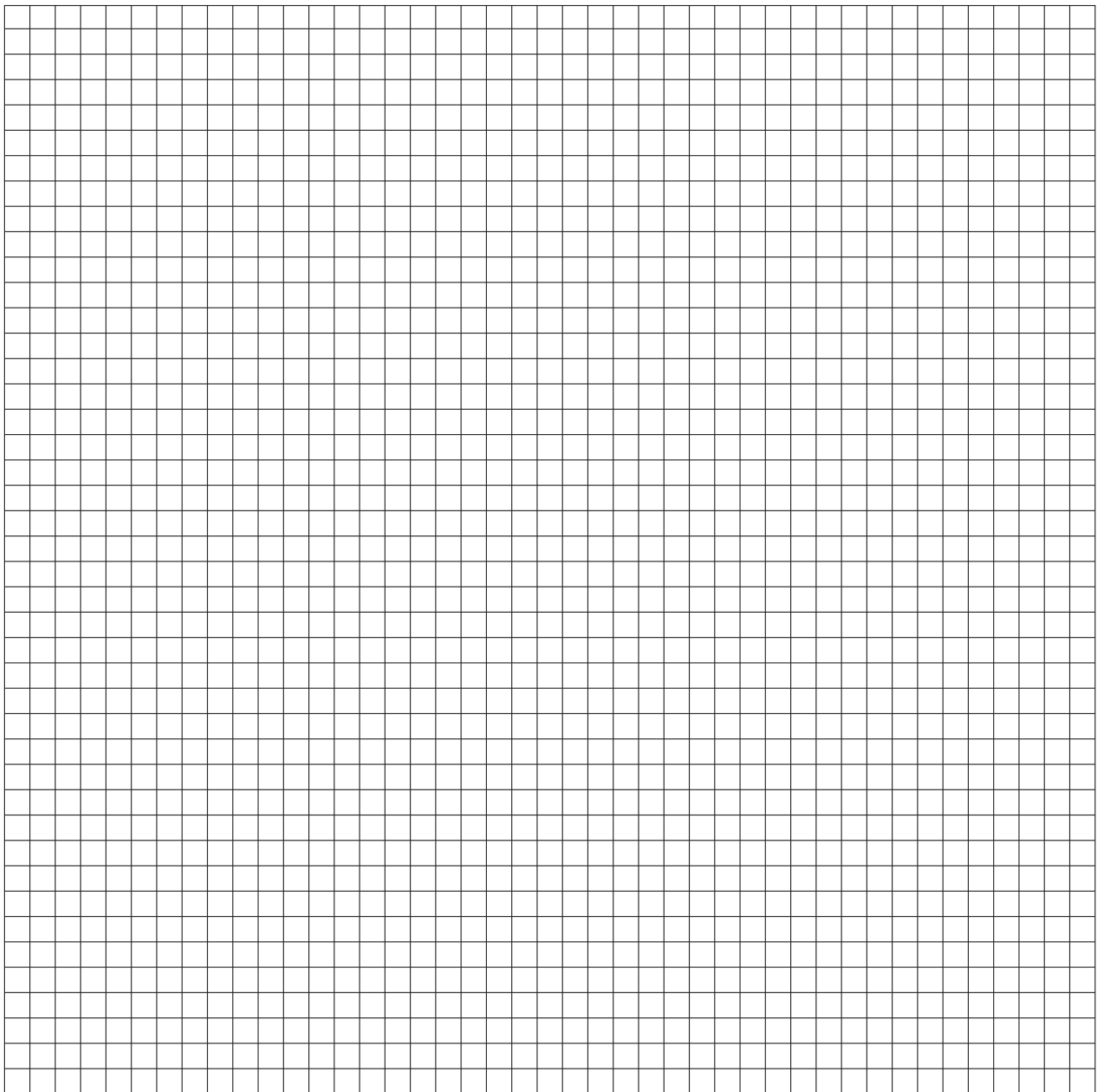
**Equipment Inspection**

Item	Condition / Comment
<input type="checkbox"/> Full body harness	
<input type="checkbox"/> Vertical lifelines	
<input type="checkbox"/> Lanyards	
<input type="checkbox"/> Rope grabs	
<input type="checkbox"/> Anchors	
<input type="checkbox"/> Ladders	
<input type="checkbox"/> Ladder hoist	
<input type="checkbox"/> Toeboards	

**Prior to Accessing the Work Location**

Checklist	Comments
<input type="checkbox"/> First Aid/CPR [AED] personnel onsite	
<input type="checkbox"/> Personal Protective Equipment (PPE)	
<input type="checkbox"/> Job Briefing Conducted	
<input type="checkbox"/> Rescue Process - Identified	
<input type="checkbox"/> Electric Shock Protocol - Reviewed	
<input type="checkbox"/> Grounding Protocol - Reviewed	

**Site Diagram (include anchor locations):**



**Ladder / Scaffolding Setup:**

<input type="checkbox"/> Set up on a firm, level base	<input type="checkbox"/> Ladder - Extends approx. (3 feet) past edge of roof
<input type="checkbox"/> Scaffolding set-up IAW Manufacturer's Recommendation	<input type="checkbox"/> Scaffold - Secured / Inspected / Signed off by QP

**Fall Protection System Special Assembly Procedures:**

**Rescue Procedures for a Fallen Worker:**

**Fall Protection Definitions:**

- **Fall restraint** means a system to prevent a worker from falling from a work position, or from traveling to an unguarded edge from which they could fall.
- **Fall arrest** means a system that will stop a worker's fall before they hit the surface below.
- **Guardrail** means a guard consisting of a top rail, approximately 42 in. above the floor level, and an intermediate rail centered at approximately the mid-point of the space between the underside of the top rail and the floor level or upper edge of the toe-board if one is fitted.

**Notes:**

**Worker Sign-off**

I acknowledge that I have reviewed the fall protection requirements and procedures for this site with my supervisor and understand my responsibilities, specifically the requirement to use personal fall protection.

Name (please print)	Signature	Company
1.		
2.		
3.		
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13.		
14.		
15.		

<b>Supervisor name:</b>	<b>Supervisor signature:</b>	<b>Date:</b> MM   DD   YY
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