

Task: Using Fall Protection

Date: March 2006

Fall protection is mandatory when working at heights of 2.5 m (8') or higher

PPE: Safety boots, Hard Hat, hearing protection, safety glasses, gloves

Task/Activity:	Potential Hazards	Recommended Procedures
1. Inspect and test all fall protection devices for any defects	a) pinch points	a) test lanyard retraction and tension
2. Plan area for fall protection equipment and anchorage		
3. Seat anchorage connection with the anchor point		a) anchor point must be capable of holding 5000lb b) test with a firm tug
4. Install overhead or horizontal lines	a) slips and falls b) overhead hazards	a) limit or eliminate pendulum effect if a fall occurs
5. Hook personal harness onto life-lines	a) pinch points	a) wear gloves

Workers must be trained in the use of fall protection equipment and must be familiar with the risks of working at heights

Experienced workers should mentor new and/or unexperienced workers until they are comfortable with working at heights