

Fall Protection Plan

Planning plays a key role in protecting workers from fall hazards. The fall protection plan template below is provided to assist in the planning process. Employers should ensure that fall protection plans are

- Designed and completed to address site-specific conditions
- Compliant with the Occupational Health and Safety Regulation

Site:	Start date:
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Site description:

Tasks:

Site-specific fall hazards (see diagram on page 2 for more details)

Max. height (peak):	Max. height (eaves):	Max. height (other):
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Roof slope(s), if applicable:

Proximity to high voltage power lines:

Ground cover/hazards:

Other/comments:

Type of fall protection to be used

<input type="checkbox"/> Fall restraint ¹	<input type="checkbox"/> Fall arrest ²	<input type="checkbox"/> Temporary guardrail system ³
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¹ ••Fall restraint means a system to prevent a worker from falling from a work position, or from travelling to an unguarded edge from which the worker could fall.

² ••Fall arrest means a system that will stop a worker's fall before the worker hits the surface below.

³ ••Guardrail means 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 located approximately midway between the underside of the top rail and the top of the work surface.

Equipment inspection

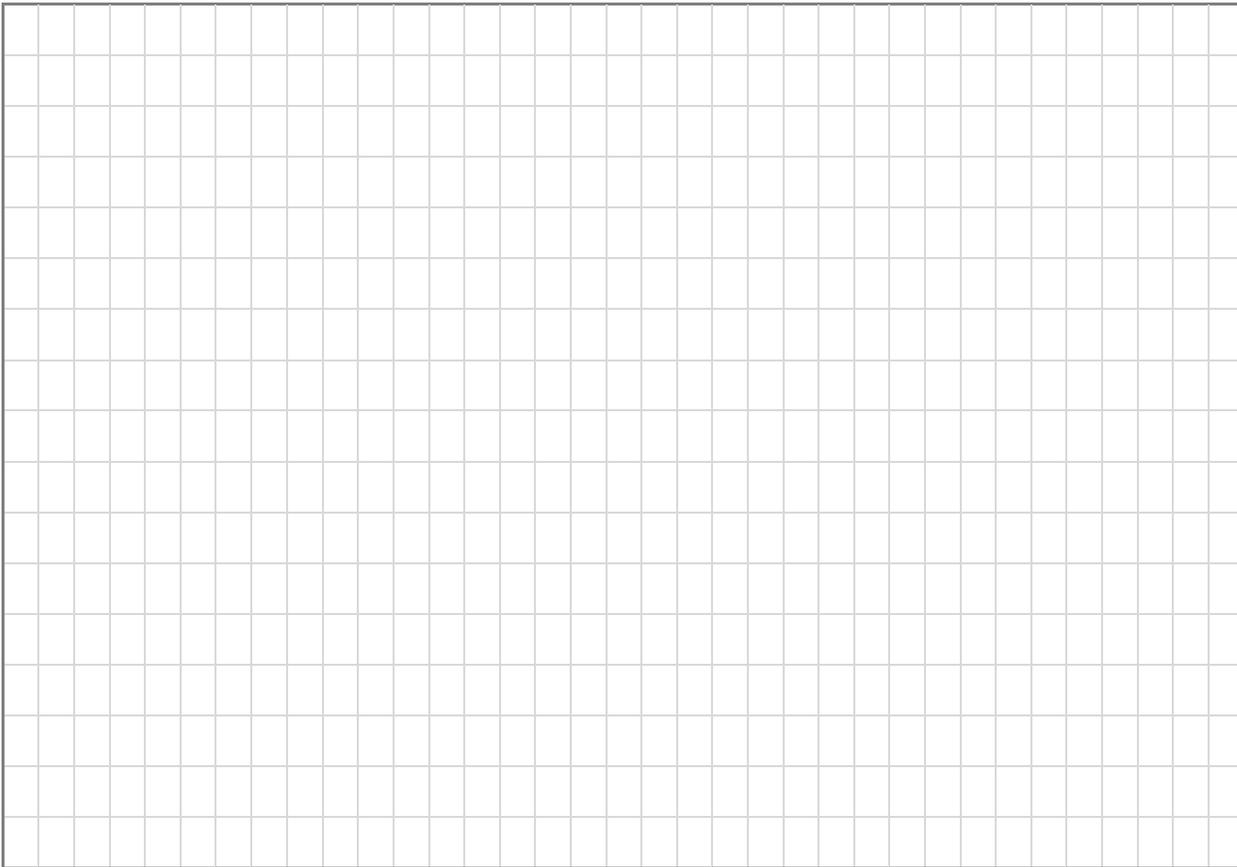
Item	Comment/defect	Item	Comment/defect
<input type="checkbox"/> Full body harness		<input type="checkbox"/> Anchors	
<input type="checkbox"/> Vertical lifelines		<input type="checkbox"/> Ladders	
<input type="checkbox"/> Lanyards		<input type="checkbox"/> Ladder hoist	
<input type="checkbox"/> Rope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

Prior to accessing the work location

Checklist	Comments
<input type="checkbox"/> First aid attendant/facilities/equipment	
<input type="checkbox"/> Safety headgear available for all workers	
<input type="checkbox"/> Bin in place	
<input type="checkbox"/> Barricades in place	
<input type="checkbox"/> CSA safety footwear for ground work	
<input type="checkbox"/> Safety eyewear if nail guns to be used	

Site diagram (include anchor locations)





Ladder setup

Set up on a firm, level base

Extends 1 metre (3 feet) above top edge

Set up 4:1 (vertical:horizontal)

Secured/tied off

Fall protection system special assembly procedures

Rescue procedures for a fallen worker

Notes

Worker sign-off

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.

Print Name	Signature	Print Name	Signature
(1)	(1)	(2)	(2)
(3)	(3)	(4)	(4)

Trained person in charge satisfied that all conditions have been met.

Name:

Signature:

Date: