

**Fall Protection Standard Checklist**

*(based on IGSHS 074; definitions of terms used in this checklist are found in this standard. Additional IGSHS sections that may be consulted are 070.14 (Guardrail standard) and 050.11 (Safety net system standard)).*

All items must be checked "Yes" and suitable fall protection measures must be in place before work is allowed to proceed.

- Yes     No    Will employees actually be working, rather than be making an inspection, investigation, or assessment of workplace conditions prior to the actual start of work operations (or after all work operations have been completed)?
  
- Yes     No    Does the walking/working surface on which the employees will be working have the strength and structural integrity to support them safely?
  
- Yes     No    Has it been determined that the provision of fall protection (in the form of guardrail systems, safety net systems, or personal fall arrest systems) is feasible and will not create a greater hazard than not using them? *(If no, a fall protection plan that meets the requirements of IGSHS 074 must be developed and implemented before work is allowed to proceed).*
  
- Yes     No    Will each employee working on the walking/working surface with an unprotected side or edge which is above a lower level be protected from falling by the use of guardrail systems, safety net systems, or personal fall arrest systems?
  
- Yes     No    If a guardrail system has been provided *and* a controlled access zone has been established for leading edge work, will the control line be used in lieu of a guardrail along the edge that parallels the leading edge?
  
- Yes     No    If a guardrails need to be removed to allow work to take place, will only that portion of the guardrail necessary to accomplish the work be removed?
  
- Yes     No    Will mechanical equipment only be used on roofs in areas where employees are protected by a guardrail system, personal fall arrest system, or warning line system?
  
- Yes     No    If work will involve hoisting materials to areas where fall hazards exist, will guardrail or personal fall arrest systems be provided to each employee in the hoist area?
  
- Yes     No    If employees must lean through an access opening or out over the edge of the access opening for which the guardrail system (chain, gate, etc.) has been removed while participating in hoisting operations, will they be protected by a personal fall arrest system that is rigged to prevent the employee from moving beyond the edge of the walking/working surface?
  
- Yes     No    Will each employee working be protected from falling through holes (including skylights) by the use of covers?

- Yes     No    Will each employee working beneath holes (including skylights) be protected from falling objects by the use of covers?
- Yes     No    Will each employee on the face of form-work or reinforcing steel be protected from falling to lower levels by personal fall arrest systems, safety net systems, or positioning systems?
- Yes     No    Will each employee at the edge of an excavation be protected from falling by a guardrail system, fence, or barricades when the excavations are not readily seen?
- Yes     No    Will each employee at the edge of a well, pit, shaft, or similar excavation be protected from falling by a guardrail system, fence, barricade, or cover?
- Yes     No    Will each employee above dangerous equipment be protected from falling by a guardrail system or equipment guards?
- Yes     No    Will each employee 6 feet or more above dangerous equipment be protected from fall hazards by guardrail systems, personal fall arrest systems, or safety net systems?
- Yes     No    Will employees engaged in roofing activities on low-sloped (less than 4:12) roofs that have unprotected sides and edges 6 feet or more above lower levels be protected from falling by guardrail systems, safety net systems, personal fall arrest systems, *or* a combination of warning line system and guardrail system, warning line system and safety net system, *or* warning line system and personal fall arrest system, *or* warning line system and safety monitoring system (*Note: on roofs of 50 feet or less in width, the use of a safety monitoring system without the warning line system is permitted*).
- Yes     No    Will employees working on a steep (greater than 4:12) roof with unprotected sides and edges above lower levels be protected by guardrail systems with toe-boards, safety net systems, or personal fall arrest systems?
- Yes     No    Will each employee working near wall openings where the outside bottom edge is above lower levels and the inside bottom edge of the wall opening is less than 42 inches above the walking/working surface be protected by a guardrail system, safety net system, or a personal fall arrest system?
- Yes     No    Will persons exposed to falling objects wear a hard hat?
- Yes     No    Will toe-boards, screens, and/or guardrail systems be installed as needed to prevent objects from falling from higher levels?
- Yes     No    Will a canopy structure be erected as needed to keep potential falling objects from falling over an edge if accidentally displaced?
- Yes     No    Will persons be prohibited from entering the area to which objects could fall by the use of barricades?

\_\_\_ Yes \_\_\_ No

If a personal fall arrest system will be used, does it comply with the following specifications?

- Connectors are drop forged, pressed or formed steel, or made of equivalent materials.
- Connectors have a corrosion-resistant finish, and all surfaces and edges are smooth.
- "D" rings and snaphooks have a minimum tensile strength of 5,000 lbs.
- "D" rings and snaphooks have been proof-tested to a minimum tensile load of 3,600 lbs. Without cracking, breaking, or taking permanent deformation.
- Snaphooks are of a locking type designed to prevent accidental disengagement.
- The device used to connect to a horizontal lifeline will be capable of locking in both directions on the lifeline when work is performed on a suspended scaffold or similar work platform with horizontal lifelines which may become vertical life lines.
- Horizontal lifelines will be designed, installed, and used under the supervision of a qualified person, as part of a complete personal fall arrest system, which maintains a safety factor of at least 2.
- All lanyards and vertical lifelines have a minimum breaking strength of at least 5,000 lbs?
- When vertical lifelines are used, each employee shall be attached to a separate lifeline.
- Lifelines will be protected against being cut or abraded.
- Self-retracting lifelines and lanyards which automatically limit free fall distance to 2 feet or less and will be capable of sustaining a minimum tensile load of 3,000 lbs.
- Self-retracting lifelines and lanyards which do not limit fall distance to 2 feet or less will be capable of sustaining a minimum tensile load of 5,000 lbs.
- Ropes and straps used in lanyards, lifelines, and strength components of belts and body harnesses are made from synthetic fibers.
- Anchorages for the attachment of personal fall arrest equipment shall be independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,000 lbs. per employee attached *or* shall be designed, installed and used as part of a complete personal fall arrest system which maintains a safety factor of at least 2 and under the supervision of a qualified person.
- PFAS will limit maximum arresting force on an employee to 1800 lbs. when used with a body harness.
- PFAS will limit free fall to 6 feet or less
- PFAS will prevent contact with any lower level
- PFAS will bring employee to a complete stop and limit deceleration distance to 3.5 feet or less
- PFAS will have sufficient strength to withstand twice the potential impact energy of an employee free falling a distance of 6 feet, or the free fall distance permitted by the system, whichever is less.
- The attachment point of the body harness will be located in the center of the wearer's back near shoulder level, or above the wearer's head.
- PFAS components will only be used for employee protection and not to hoist materials.

- PFAS subjected to impact loading will be immediately removed from service and not used again until inspected and determined by a competent person to be undamaged and suitable for reuse.
- Provisions will be made for the prompt rescue of employees in the event of a fall *or* it shall be assured employees can rescue themselves.
- PFAS will be inspected prior to each use for wear, damage or other deterioration and defective components removed from service.
- PFAS not be attached to guardrail systems or hoists.

Yes     No    If a Positioning Device System will be used, does it meet the following specifications?

- The PDS will be rigged to prevent free fall more than 2 feet.
- The PDS will be secured to an anchorage capable of supporting at least twice the potential impact load or 3,000 lbs., whichever is greater.
- The PDS will be inspected prior to each use and defective components removed from service.
- The PDS will be used only for employee protection.

Yes     No    If a Warning Line System will be used, does it meet the following specifications?

- Warning lines will be ropes, wires, or chains, and supporting stanchions.
- Rope, wire or chain will have a minimum tensile strength of 500 lbs. after being attached to the stanchions.
- Rope, wire or chain will be attached to each stanchion in such a way that pulling on one section of the line between stanchions will not result in slack being taken up in adjacent sections before the stanchion tips over.
- Ropes, wires, or chains will be flagged at intervals of 6 feet or less with high visibility material.
- Ropes, wires or chain will be rigged and supported in such a way that its lowest point (including sag) is no less than 34 inches from the walking/working surface and its highest point is no more than 39 inches from the walking/working surface.
- After erected, the components of a WLS will be capable of resisting a force of at least 16 lbs. (applied horizontally) against the stanchion, 30 inches above the walking/working surface, perpendicular to the warning line, and in the direction of the walking surface, without tipping over or breaking.
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- The WLS is erected around all sides of the work area.
- When mechanical equipment *is not* being used, the warning line is at least 6 feet from the roof edge
- When mechanical equipment *is* being used, the warning line is at least 6 feet from the roof edge which is parallel to the direction of mechanical equipment operation and not less than 10 feet from the roof edge which is perpendicular to the direction of mechanical equipment operation.
- Points of access, materials handling areas, storage areas, and hoisting areas are connected to the work area by an access path formed by two warning lines.

- When paths to a point of access is not in use, a rope, wire, chain or other barricade equivalent in strength and height to the warning line will be placed across the path.
- No employee will be allowed in the area between a roof edge and warning line *unless* the employee is performing roofing work in the area.

Yes     No    If a Controlled Access Zone will be used, does it meet the following specifications?

- The CAZ is defined by a control line or other means that restricts access.
- Control lines will be erected not less than 6 feet or more than 25 feet from unprotected or leading edges.
- Control lines will extend along the entire length of the unprotected or leading edge and will be approximately parallel to them.
- Control lines will be connected on each side to a guardrail system or wall.
- Control lines will consist of ropes, wires, tapes or equivalent materials, and supporting stanchions.
- Control lines will be flagged or otherwise clearly marked at not more than 6 foot intervals with high visibility material.
- Control lines shall be rigged and supported in such a way that its lowest point (including sag) is not less than 39 inches from the walking/working surface and its highest point is not greater than 45 inches high.
- Control lines will have a minimum breaking strength of 200 lbs.
- If guardrail systems are not in place prior to the beginning of operations, CAZs will be enlarged as necessary to enclose all points of access, material handling areas, and storage areas.

Yes     No    If a Safety Monitoring System will be used, will all the following specifications be met?

- A competent person, who is able to recognize fall hazards, is designated to monitor the safety of other employees.
- The safety monitor will warn employees when it appears that the employees are unaware of a fall hazard or are acting in an unsafe manner.
- The safety monitor will be on the same walking/working surface *and* within visual sighting and oral communication distance of the employee being monitored.
- The safety monitor will not have other responsibilities which could take attention from the monitoring function.
- Mechanical equipment will not be used or stored in areas where safety monitoring systems are being used on low slope roofs.
- Only employees engaged in the work or covered by a fall protection plan will be allowed in the area where an employee is being protected by a safety monitoring system.
- All employees working in a CAZ will be directed to comply promptly with fall hazard warning from safety monitors.

Yes     No    Has a site-specific, written fall protection plan, developed by a qualified person been prepared?

- Yes  No Will any changes to the FPP be approved by a qualified person?
- Yes  No Will a copy of the fall protection plan be maintained at the job site?
- Yes  No Will the implementation of a fall protection plan be made under the supervision of a competent person?
- Yes  No Does the fall protection plan document the reasons why the use of conventional fall protection systems are infeasible or why their use would create a greater hazard?
- Yes  No Does the fall protection plan identify each location where conventional fall protection methods cannot be used?
- Yes  No Has each location where conventional fall protection methods cannot be used been classified and set up as an approved controlled access zone?
- Yes  No Does the fall protection plan include a statement which provides the name (or other method) of identification for each employee who is designated to work in CAZ's?
- Yes  No If no other alternative measure has been implemented, has an approved safety monitoring system been implemented?
- Yes  No Has each employee who might be exposed to fall hazards been as necessary to recognize falling hazards and what procedures are to be followed in order to minimize these hazards?
- Yes  No Have all employees been trained, as necessary, by a competent person qualified in all the following areas?
- The nature of fall hazards in the work area
  - The correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used.
  - The use and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems controlled access zones, and other protection to be used.
  - The role of each employee in the safety monitoring system (when this system is used).
  - The limitations on the use of mechanical equipment during the performance of work.
  - The correct procedures for handling and storage of equipment and materials and the erection of overhead protection.
  - The role of employees in fall protection plans, and the requirements of section IGSHS .074.
- Yes  No If it is recognized that affected employees who have already been trained do not have the understanding and skill required, have supervisors been advised they have the responsibility and authority to remove them from the job (and provide retraining)?
- Yes  No Will re-training be provided if other changes in the workplace, or in the types of fall protection systems or equipment, render previous training obsolete?