

Written Site-Specific Fall Protection Plan

Employers must ensure that fall protection plans are designed and completed to address site-specific conditions and compliant with the Occupational Health and Safety Regulations.

Site Address:	Start date:
Site Description:	
Work Area:	
Tasks:	

Site-Specific Fall Hazards (see diagram on page #2 for more details)

Max. Height (peak):	Max. Height (eaves):	Max. Height (other):
Slope(s), if applicable:		
Proximity to high voltage power line:		
Ground cover/hazards:		

Site-Specific Fall Hazards (see definitions on page #3)

- Fall Restraint
 Fall Arrest
 Temporary Guardrail System

Equipment Inspection

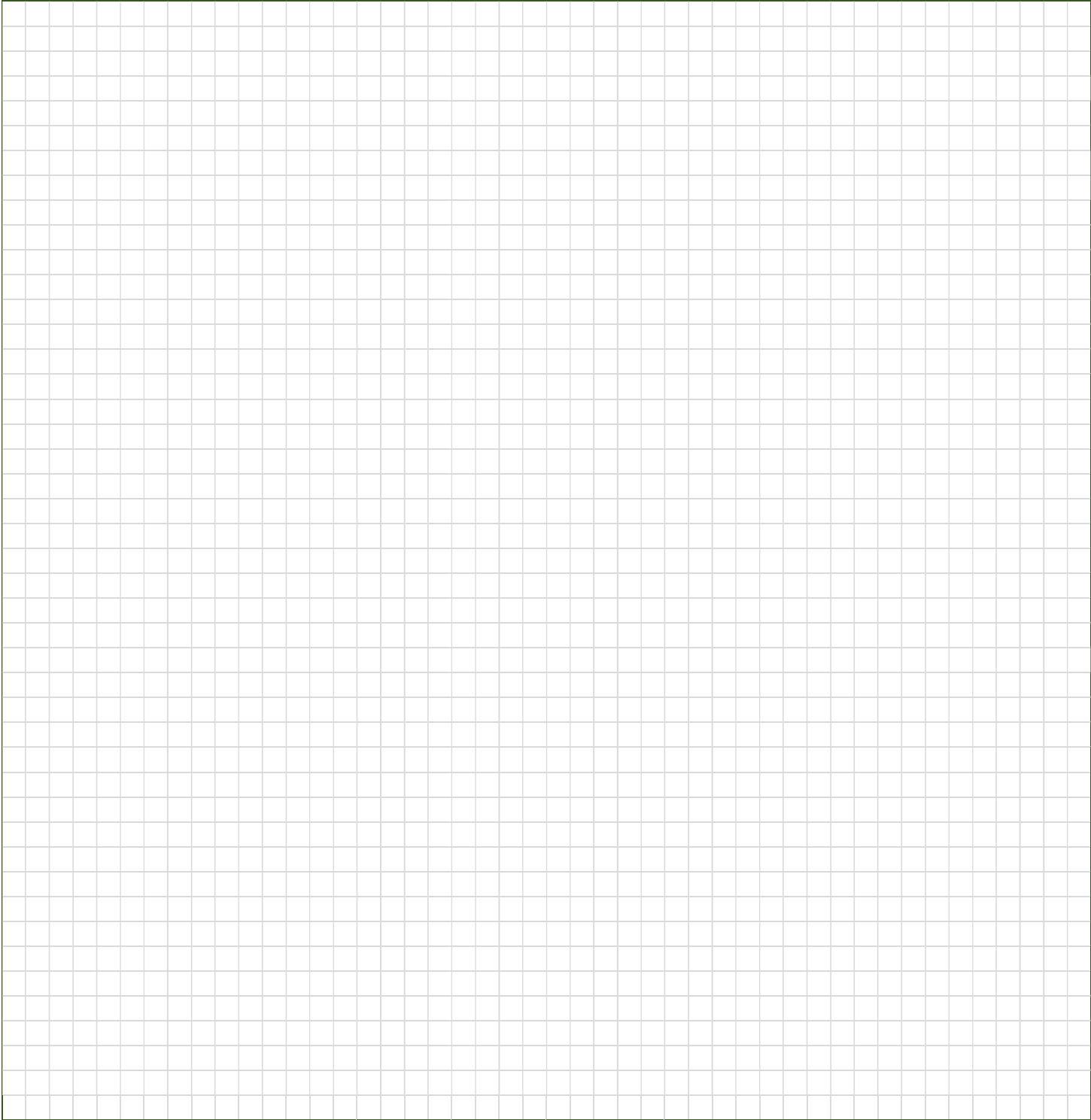
Item	Comment	Item	Comment
<input type="checkbox"/> Full Body Harness		<input type="checkbox"/> Anchor	
<input type="checkbox"/> Vertical Lifeline		<input type="checkbox"/> Ladders	
<input type="checkbox"/> Lanyards		<input type="checkbox"/> Ladder Hoist	
<input type="checkbox"/> Rope Grabs		<input type="checkbox"/> Toeboards	

Prior to Accessing the Work Location

Item	Comment
<input type="checkbox"/> First aid attendant/facilities/equipment	
<input type="checkbox"/> Barricades in place	
<input type="checkbox"/> Workers have been trained on the site-specific fall protection plan.	

Item	Comment
<input type="checkbox"/>	
<input type="checkbox"/>	

Site Diagram (include locations of anchors and other equipment)



Ladder Setup

Item	Item
<input type="checkbox"/> Set up on a firm, level base	<input type="checkbox"/> Extends approx. 1 meter past edge of the roof
<input type="checkbox"/> Set up 4:1 (vertical : horizontal)	<input type="checkbox"/> Secured/tied off

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 travelling to an unguarded edge from which the worker could fall.
- Fall arrest means a system that will stop a worker's fall before the worker hits the surface below.
- Guardrail means a guard consisting of a top rail 102 cm. to 112 cm. above the work surface, and an intermediate rail located approximately midway between the underside of the top rail and the top of the toeboard, if one is provided, or the work surface if no toeboard is provided.

Notes

Worker Sign-Off

By signing below, 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.

Printed Name	Signature	Date
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		

Supervisor: _____ Date: _____

(Signature)