

UNIVERSITY OF MAINE AT PRESQUE ISLE

181 Main Street  
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## *Fall Protection Program*

Written 2010

### Purpose:

To insure an optimal degree of safe and proper usage of equipment designed to eliminate personal injury from falling.

### Scope:

Fall protection is a backup system planned for a worker who could lose his or her balance and slip, trip, fall on stairs or fall from elevation in order to control or eliminate injury potential.

- Slips and trips occur on the same level
- Falls occur from one level to another

### Compliance statement

Guidelines used in this policy are developed for current standards from the appropriate regulatory or directing agency.

## Regulations by Content Title:

1926.104 Safety belt, lifelines and lanyards  
1926.107 Definitions  
1926.450 Ladders  
Z359.1 992

Definition of 100% Fall Protection: or none fall protection, It simply means no exposure to an elevated fall is permitted without protection - continuous worker protection.

### (Control Factors within the Program)

- Establishing walls, floors and guardrails
- Using proper (approved) work platforms and lifts
- An operational change or restricting travel of workers  
*Example:* Warning lines or barriers several feet from a leading edge in a hazard area.
- To encourage on-going equipment maintenance and inspections

Fall Procedures to be followed:

Ladders when using or working on ladders, comply with the following;

#### A. Folding (step) ladders

1. Inspect
2. Read instruction label on ladder
3. To be fully open and secure

Note: Abide by minimum work heights: and folding ladder exceeding 8' tends to lose stability. Additional caution should be taken when using folding ladders over 8'

Warning: No folding / stepladder is to be used by an employee if a label is not on the ladder. Let your supervisor know, and take it out of service immediately, tagging appropriately.

#### B. Extension Ladders

1. Inspect
2. Read instruction label on ladder
3. Position on a stable base
4. Do not over extend in height
5. Lock devices securely
6. Secure both pieces (top/bottom) when possible or use designated spotter.  
Any climbing over 20' will require a team of two people.
7. Place ladder against only secure walls, etc.
8. Use 4 to 1 principal (75 deg.)
9. Avoid heights on very windy days when working outside.

Ladders

## Ladders (continued)

10. Secure 3' over roof or walking surface if there is a possibility of the base kicking out.
11. In and around electrical lines, use power lines procedures.

## Mechanical Lifts ANSI A120.1992

Types: Scissors  
Telescoping

Note: The manufacturer's instructions are to be followed when using this equipment.

1. Training and documentation is mandatory before an employee can operate.
2. Place on level surface.
3. Lock wheels in place where applicable or secure movement by other means.
4. In and around electrical lines use power line procedures.

## Staging (scaffolding) OSHA 1926.451

### A. Type

1. To be in a level position
2. Firm footing - leg support perpendicular to building
3. All cross braces in place with pins and clips
4. Tie of to structure , horizontal and vertical
5. Planking, Standard 2 x 8 staging grade and cleated not to exceed 6" in overlap
6. Railing, Standard, 500 lbs in any direction with toe board
7. Loading on platform
8. In and around electrical lines use power procedures

## Roof Tops Working on Roofs Only

A. Only workers who have been trained to be proficient in the alternative methods of fall protection used to minimized fall hazards shall be allowed onto a roof.

B. Flat Roofs (slopes less than 4 in 12) (Six foot safety distance to be indicated on every roof)

1. Minimum 2 workers; both in the same area.
2. Warning lines or barriers in place if the workers are working along roof edges. (Minimum 6' from edge). Red warning tape, no entry unless properly tied off
3. Be aware of fall through the roof hazards, before work begins, roof surfaces should be inspected for slipping hazards, and eliminate accordingly.
4. Appropriate footwear should be worn: check with your supervisor.

#### Flat roofs (continued)

5. Safety monitoring systems should be used. Harnesses and lanyards where applicable, see 1926.502 (h).

#### Sloped Roofs

1. Must be tied off securely before work can proceed.
2. Don't tie off to roof hatch openings
3. Don't tie off to vent pipes or stacks
4. Don't tie off to benches - planters
5. Don't tie off to any item not securely fastened to the structure
6. If in question , consult the Director of Facilities
7. Before work begins, roof surfaces should be inspected for slipping hazardous and eliminate accordingly.
8. Appropriate footwear should be worn; check with your supervisor.
9. Safety monitoring system should be used. Harnesses and lanyards where applicable, see 1926.502 (h)
10. Be aware of fall through the roof hazards.

#### Using Harnesses and Lanyards

1. Read instruction label before use
2. Maintain as per manufacturer's recommendations
3. Inspect before each use
4. Tie off only to approved system

Training Stipulation - is required for each employee who might be exposed to fall hazards. The training will assist the employee to recognize the hazards of falling and will train in the proper procedures to be followed in order to minimize those hazards.

Training material content to include:

1. An orientation to the program.
2. Recognizing fall hazards in the work area
3. Correct procedures for;
  - Erecting
  - Maintaining
  - Disassembling
  - Inspection of fall protection systems and equipment
4. Use and operation of guardrails, handrails, personal fall arrest systems, warning tape and lines, safety monitoring systems, controlled access zones, etc.
5. Limitations of equipment and PPE.
6. Support surfaces (ground, floors, roofs, etc.)
7. Employee safety monitoring.