

FALL PROTECTION PROGRAM

EUGENE SCHOOL
DISTRICT 4J



For Compliance with OR-OSHA
Standard; OAR 437-002-0125 (OR-
OSHA General Occupational Safety and
Health Administration Standards
Division 2, Subdivision I Personal
Protective Equipment – 1910.132)

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INTRODUCTION

This program serves as the Eugene School District 4J's written Fall Protection Program as outlined in OAR 437-002-0125 (OR-OSHA General Occupational Safety & Health Administration Standards Division 2 Subdivision I Personal Protective Equipment – 1910.132). The objective of this program is to ensure that all district employees shall be protected from fall hazards when working on unguarded surfaces more than 10' above a lower level or at any height above dangerous equipment and within 6' of the work surface's leading edge. This program includes guidelines for training requirements, equipment use and maintenance, program auditing and assessment.

An exception to this guideline exists in OAR 437-003-0075 (OR-OSHA Safety & Health Administration Regulations for Construction Division 3 Subdivision M Floors and Wall Openings, and Stairways – 1926.501). If the work to be performed is construction rather than maintenance, workers shall be protected from fall hazards when working more than 6' above a lower level rather than the 10' cited in the General Occupational Standard. If there are questions which standard the work would be covered under, contact the

Facilities Department for clarification.

SCOPE

This program applies to all district employees working at heights more than 10' above a lower level, more than 6' during construction, or at any height above dangerous equipment. A copy of the Eugene School District 4J's Fall Protection Program shall be provided to all employees attending Fall Protection training and will be available to all other employees on request, and may be found on the Risk Management website <http://www.4j.lane.edu/hr/riskmanagement>. Fall Protection training will be available and mandatory prior to such work assignments.

RESPONSIBILITIES

Department - Departments are responsible for carrying out the Fall Protection Program in accordance with this written program and for funding program expenses including, but not limited to, employee training and required equipment. Departments are also responsible for notifying Risk Management of any violations of the program and enforcing compliance with the program.

Employee - Employees are responsible for performing work assignments in accordance with this written program.

Employees are also responsible for inspecting their body harness and lifeline prior to each use for visual defects and placing defective equipment out of service. Employees shall provide feedback to supervisors of any newly identified hazards or concerns.

Facilities Department – The Facilities Department is responsible for administering and managing the Fall Protection Program and assisting departments in evaluating their compliance with the program. Facilities will provide notice of any changes in program and training requirements. Facilities will solicit input from users, through their prospective supervisors, during the annual review process.

Supervisor - Supervisors are responsible for identifying employees within their department who will be working at heights greater than 10' or above dangerous equipment, maintaining written employee training records and ensuring employees are following the written program. Supervisors will immediately notifying Facilities of any employee feedback of newly identified hazards and any incidents that occur in connection with fall protection. Supervisors are also responsible for requesting or providing required initial training or any necessary retraining.

GENERAL REQUIREMENTS

When performing extended work on an elevated surface (6 feet during construction activities, and 10 feet during general activities), such as roofs, ladders, or scaffolds, employees are required to adhere to the following guidelines:

1) Flat or low slope (4:12) roofs:

a) Extended construction work (roofing, siding, painting, etc.) done from a flat roof requires the use of a **perimeter warning line system**.

i) Work performed outside the perimeter warning line system requires one of the following methods of fall protection:

(1) Safety Monitor

(2) Harness and safety lanyard.

b) Maintenance work performed on equipment placed at or near roof edges, where the worked necessitates that the person stand 6 feet or nearer to the roof edge, requires one of the following methods of fall protection:

i) Guardrail system

ii) Harness and safety lanyard

iii) Safety Monitor.

- c) Short-duration, low-risk activities such as inspection, assessment, and object-retrieval are exempt from these requirements.

2) Work performed on high-slope (4:12 or greater), requires the following fall protection measures:

- a) Extended work done from high-slope roofs, where there is exposure to a 6 foot drop or more, requires the use of a **harness and safety lanyard**. This is subject to the installation of anchorage points.
- b) During construction activities, **roofing brackets** may be used to satisfy fall protection requirements.

3) Ladders are to be used in manners appropriate to their design and size.

- a) The mid-line of the body (belt buckle) should never extend beyond the side rails of the ladder.

4) Scaffolding above 10 feet in height will have **handrails** and **toe boards**.

5) Users of any personnel lifts which have lateral motion will be secured to the lift by the use of **belts** or

harnesses.

Prior to use of any fall arrest system, the user will perform a visual inspection of anchor points for rust or other signs of deterioration and for cracking, spalling or splaying in the anchor attachment area. If signs of deterioration are detected, the affected anchors are not to be used until a qualified person evaluates the situation and provides written documentation the anchors meet code requirements.

Fall arrest systems, capable of sustaining a minimum tensile strength of 5,000 lbs, shall stop a fall of more than 2 feet but less than 6 feet. A worker rescue plan is required with a fall arrest plan. Fall restraint systems, capable of sustaining a minimum tensile strength of 3,000 lbs. with an anchor that can support 3000 lbs, shall not allow the worker to free fall more than 2 feet.

If workers are within 6 feet of the unguarded surface edge, more than 10 feet above a lower level, or any distance above dangerous equipment, a fall protection system is required.

EMPLOYEE TRAINING

Training will be provided by a competent person to ensure that employees will be able to recognize fall hazards and how to use appropriate procedures to minimize exposure to the hazards. Employees shall be trained before they begin tasks that could expose them to fall hazards or before they use fall-protection systems. Employees who will use personal fall arrest systems must be trained in the following areas:

- How to properly inspect, maintain, store, and wear the equipment.
- The proper hookup and attachment methods for the equipment.
- Appropriate anchoring and tie off techniques.
- How to estimate free fall distances.
- Self rescue procedures and techniques.
- How to review system design to take into account swing falls and equipment exposure to sharp edges.

The District offers to employees on-line video courses which include OSHA Fall Protection. Contact Risk Management for details.

Retraining shall be required if equipment or the worksite changes. Retraining is also required if a worker does not recognize fall hazards, does not follow

safe practices, or fails to use fall protection equipment effectively.

DEFINITIONS

“Anchor” - A secure point of attachment for lifeline, lanyard and deceleration devices. Must be capable of supporting a minimum load of 5,000 lbs per worker for a fall arrest system and 3,000 lbs for a fall restraint system.

“Body Harness” - Straps that an individual wears to distribute fall-arresting forces over the thighs, chest, shoulders or pelvis. Attaches to other components of a fall-arrest system. Maximum safe arresting force of a body harness is 1,800 lbs.

“Competent Person” - A person who is capable of identifying existing and predictable hazards in the work environment, and who has the authority to take prompt measures to eliminate the hazards.

“Connector” - A device used to couple components of a fall-arrest system. May be an independent (carabineer or snap hook with a self-locking keeper) or integral (d-ring/buckle) component of the system.

“Cover” - A rigid object used to overlay openings in floors, roofs, walkways and working surfaces.

“Deceleration Device” - A mechanism that dissipates or limits energy imposed on a person during fall arrest. May be rip stitch lanyards or automatic self-retracting lifelines or special woven lanyards.

“D-rings” - Attachment points on a body harness for the deceleration device/lanyard. D-rings must be capable of sustaining a minimum tensile strength of 5,000 lbs.

“Fall Arrest System” - A system that consists of an anchor, connectors, and a body harness that work together to stop a fall of more than 2’ but less than 6’and minimize the arrest force.

“Fall Protection System” - Equipment designed to control fall hazards which may include fall arrest systems, fall restraint systems, guardrail systems, safety nets warning line systems, and controlled access zones.

“Fall Restraint System” - A fall protection system designed to physically prevent a worker from free falling more than 2’.

“Lanyard” - A flexible rope, strap or webbing that connects body harness to a deceleration device, lifeline, or lanyard. Lanyards that tie off one worker must have a minimum breaking strength of 5,000 lbs. Lanyards that automatically

limit free-fall distance to two feet or less must have components capable of sustaining a minimum static tensile load of 3,000 lbs with the lanyard in the fully extended position.

“Lifeline” - A flexible line that attaches directly to a worker’s body, harness, lanyard or decelerating device at one end, and to the anchor at the other end. A lifeline can be vertical (hangs vertically and is connected to one anchor) or horizontal (stretches horizontally between two anchors). Lifelines must be protected against cuts or abrasions and may not be made of natural fiber rope.

“Self-retracting Lifeline/Lanyard” - A deceleration device consisting of a drum-wound line that retracts or extends from the drum with normal worker movement but in the event of a fall the drum automatically locks. If free-fall is limited to two feet or less the components must be able capable of sustaining a minimum static tensile load of 3,000 lbs but if the free-fall can exceed two feet a 5,000 lb tensile load strength is required.

“Tie Off” - The act of connecting to an anchor. To be tied off means being connected to an anchor.

“Toe Board” – A board placed around a platform or on a sloping roof to prevent personnel or materials from falling off.

“Safety Monitor” – A trained worker designated to monitor work activities in a control zone to ensure work is being done in a manner that minimizes the potential for a worker to fall.