

Patrick St. Peter & Sons

Plumbing-Heating-Cooling Contractors

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Fall Protection Written Safety Plan

Purpose:

Due to established hazards related to plumbing and heating work, the company requires a policy to address 100% Fall Protection at six feet to prevent injuries to our workers.

Responsibilities:

To ensure that the Company's policy for 100% Fall Protection at six feet is fully implemented, responsibility is assigned to the following individuals:

Enforcement: front-line supervisors
Answering questions/coaching: front-line supervisors/safety manager
Authorizing of changes in the written policy: project/safety manager
New-employee and refresher training: safety manager/front-line supervisor

Hazard Identification:

Because in many cases, fall hazards related to plumbing and heating work cannot be eliminated, following areas where fall hazards can be anticipated:

HAZARD AREAS

Stairwell openings	Scaffolds
Window and wall openings	Retaining walls
Roofs (rake edge and eaves)	Decks
Trusses and rafters	Balconies
Unprotected sides and edges (floors)	Floor openings
Foundation tops	Open-sided stairs
Floor joists and collar ties	Ladders
Skylights	

Company Standards and Procedures:

Due to fall hazards in excess of 6' associated with carpentry-related work, in each situation the following standards and procedures shall be followed by all employees:

Stairwell opening:

1. Warning lines, consisting of caution tape or paint, shall be installed 6' back from all sides of stairwell openings prior to cutting floor sheathing to the size of the rough opening.
2. Rolling scaffolds shall be positioned directly under stairwell opening, to serve as a catch platform until guardrails are installed.
3. Standard guardrails, 42" with a midrail – capable of supporting 200 lbs. outward and downward – shall be installed around the stairwell openings.

Window and wall openings:

1. Rough window openings with a bottom lower than 42" and all door openings shall have a standard guardrail fastened to the interior of the wall studs.
2. Rough window openings with a bottom lower than 21" and all doors openings must have a top and mid guardrail, installed at 42" and 21", respectively.

Roof opening and skylights

1. Wherever feasible, sheathing for roof openings and skylights shall not be removed until immediately prior to placing the skylight or object that must project through the roof opening.
2. All openings greater than 2" in their least dimension shall be covered by materials that can withstand at least twice the weight that may be imposed on them.
 - a. Generally a minimum of ½" plywood shall be used for all covers, but in situations where the span exceeds 2' in any direction, 2" x 4" shall be used for additional support.
 - b. The following materials shall not be used as hole covers: poly, sheetrock, tar paper, Tyvek or Typar, cardboard, or Styrofoam.

Roof sheathing and shingling

1. All workers on roofs shall be protected by fall arrest systems or catch platforms with guard rails.
 - a. Catch platforms shall consist of supported scaffolds with back rails installed no more than 4' below the entire eaves of a roof.
 - b. Supported scaffolds with standard rails, or guard rails shall be installed along the rake edge of the roof. Where this is not feasible, workers within 6' of the rake edge shall be equipped with a fall arrest system consisting of a body harness, lifeline and anchorage.

Trusses and rafters

1. Work from the top plate shall be prohibited unless the worker is protected from falling by fall arrest equipment or interior and exterior catch platforms.
2. During the placement of rafters or trusses an exterior wall bracket or supported scaffold shall be installed along the entire length of both top plates.
 - a. The exterior scaffold shall be equipped with standard back and end guard rails, as well as proper ladder access.
3. Where exterior wall bracket or supported scaffolds are not feasible, an interior rolling scaffold or wall bracket scaffold shall be installed along the entire length of the top plates.
 - a. Where the scaffold is 6' or more above adjacent working surfaces, standard guardrails shall be installed.

Unprotected sides and edges (floors)

1. Warning lines, consisting of caution tape or paint, shall be installed 6' back from all open sides of decks, lofts, and floors.
 - a. Where work must be performed between this warning line and the unguarded side or floor, workers shall wear a body harness, and lanyard or retractable lanyard. In general the length of the body harness attachment shall be of a length that prevents the worker from falling over an open edge.
2. Temporary standard guardrails shall be installed along all unguarded decks and floors as soon as feasible during the construction process.
3. When work is required adjacent to unguarded floors or decks, exterior supported or wall brackets scaffolds shall be installed to serve as a catch platform.

Foundation tops

1. Floor joists and end plates shall not be placed while working on top of the foundation wall.

- a. All work shall be performed from ladders or rolling scaffolds from the inside of the foundation.
2. Once floor joists are placed, sheathing shall be laid from the perimeter with materials brought from the edge of the foundation to the leading edge.

Scaffolds and ladders

1. All scaffolds and ladders shall be used as intended by the manufacturer.
2. The following rules shall be applied to all ladder use:
 - a. Portable ladders shall be secured from displacement, shall be placed at a pitch of 1:4, and shall extend 3' above landings.
 - b. Stepladders shall be used with the spreaders locked and workers shall not use the top two steps.
 - c. Workers shall maintain their center of gravity between the side rails of all ladders to ensure that the ladder does not tip over or kick out.
3. Scaffolds shall be erected as intended by the manufacturer, or as outlined in pertinent sections of the OSHA Scaffold Standards (29 CFR 1926 Subpart L).
 - a. Safe access shall be provided to all scaffolds.
 - b. Guard rails and toeboards shall be installed on all scaffolds.
 - c. Capacity for all scaffolds shall be established; and scaffolds shall not be overloaded.

Retaining walls

1. Retaining walls that represent a fall of 6' or greater shall have a warning line installed 6' back from the hazard or shall be equipped with a standard guard rail (42" high, capable of supporting 200 lbs., outward and downward).
2. Where work must be performed adjacent to a retaining wall, a motion stopping system consisting of a body harness and lanyard, fall arrest system, or supported scaffold catch platform shall be used.

Decks

1. All decks that are more than 6' above the ground, or adjacent working surfaces shall be framed from tubular welded scaffolds.
 - a. Where the use of scaffolds is infeasible all workers shall be protected from fall hazards by body harnesses and lifelines attached to the main structure of the building.

Balconies

1. Open sides and edges of balconies shall be guarded with catch platforms consisting of supported (tubular welded) or wall bracket scaffolds.
 - a. Where the use of catch platforms is not feasible, workers shall be protected from all fall hazards by body harnesses, lifelines, and/or motion-stopping systems.

Floor openings

1. All floor openings shall be protected in one of the following ways:
 - a. Opening shall be covered with materials that can support twice the anticipated weight of people, equipment and construction materials that will be placed on the opening.
 - b. Standard guard rails, 42" and 21" in height, capable of supporting 200 lbs. outward or downward shall be installed around all open sides.
 - c. Supported, tubular welded scaffold platforms shall be installed directly below the floor opening. This platform shall be no lower than 2' below the floor elevation.

Open-sided stairs

1. Standard guard rails shall be installed (at a height of 2'10" and 1'5" from the intersection of the tread and riser) on all open sides of stairs where fall hazards of greater than 6' exist.

Floor joists and collar ties

1. Floor joists and collar ties shall be installed from wall bracket scaffolds or stepladders.
2. Installation of floor joists while working on the top plate shall be prohibited.

Training:

Employees shall be trained in the policy of 100% fall protection as follows:

1. At time of hire in the specific areas where fall hazards will be encountered and how the employee is expected to protect themselves.
2. Prior to using fall protection methods or equipment on which the employee has not yet been trained.
3. Annually on all fall protection systems which the employee uses on a regular basis.

Enforcement Policy:

When a worker is observed working in a manner that exposes them to falls of 6', or greater, the following steps shall be taken by their immediate supervisor:

1. First occurrence – Verbal warning. With coaching on the proper procedures to be followed. Note made in supervisor's daily log or job report.
2. Second occurrence – Written warning. Supervisor and employee sign the documented reprimand. A copy of the written warning is placed in the employee file.
3. Third occurrence – Written warning is completed and the employee is given 8 hours, or one full workday, off without pay.
4. Fourth occurrence – When an employee fails to use proper fall protection methods within 6 months of having been given time off without pay – the employee shall be terminated.