UNIVERSITY OF CALGARY

FALL PROTECTION PLAN

Section:		Date of Issue:	09 August 2007
		Issued By:	Environmental Health &Safety
Part:		Revision #:	
		Revision Date:	13 July 2009
Pages:	4	Revised By:	BM

The following Fall Protection Permit is to be utilized whenever a job ***Hazard Assessment*** ***identifies work at height*** to be conducted on University Of Calgary property. All safety precautions and legislated requirements must be met and adhered to while working at height at the University of Calgary.

- A completed copy of the "Fall Protection Permit" must be forwarded to Environment, Health and Safety **two working days PRIOR to commencement of the job.**
- Work at height is not allowed to commence until the completed permit has been received and the area is properly posted for the work.
- Environment, Health and Safety may inspect any work area. EH&S has the authority to stop any unsafe work and will not permit work to begin or continue unless the "Fall Protection Plan" requirements are followed.
- A Fall Hazard does not exist where there is a guardrail or parapet a minimum of 0.92m- 1.07m (36"-42") in height

IN THE EVENT OF AN EMERGENCY CONTACT 403.220.5333 OR 911

No roof maintenance shall be conducted when wind conditions exceed 50km/h (30 mph)or when other environmental conditions are such that rooftop work cannot be conducted safely.

Effective Date/Time: **End Date/Time:**

Work Site, Building &/or Location:

1. WORK DESCRIPTION:

_____

_____

2. IDENTIFY THE POTENTIAL FALL HAZARDS

_____

_____

3. IDENTIFY FALL PROTECTION TO BE USED ACCORDING TO HIEARCHY OF CONTROLS

☐ 1. Perform/remove work to a safe area
☐ 2. Guardrails
☐ 3. Travel Restraint
☐ 4. Fall Arrest System
☐ 5. Procedure Based System - work of Light Duty and Limited Duration * see FP Code of Practice for this option

4. ANCHORS TO BE USED

_____

_____

5. Clearance Distance (if using a Personal Fall Arrest System)
The available clearance between the work platform and next lower level is: _____m or _____feet

Show calculations:
Anchrg Cnnctr + Lanyard + Deceleration Distance + D-ring slide + Original D-ring Height + 1m Safety =
_____ + ____ + _____ + _____ + _____ + 1 metre (3')= ___

Clearance Distance ____ - Total Fall Distance ____ = _____ (must be a + number!)

6. Procedures for assembly, maintenance, inspection, use, and disassembly
Manufacturer's Instructions attached/ on site YES / NO (If NO must be written)

_____

_____

_____

7. Rescue Procedures and equipment if a worker falls and is suspended in harness:

_____

_____

_____

_____

All Rescue Equipment MUST be On-Site, Inspected and Ready for Use!!

8. THE FOLLOWING SIGNATURES ACKNOWLEDGE THAT THE UNDERSIGNED PERSONNEL UNDERSTAND AND WILL ADHERE TO OF THE FALL PROTECTION PERMIT REQUIRMENTS.

	Print Name	Signature	Phone
Supervisor			

11. AUTHORIZATION GRANTED BY:

DEPARTMENT	PRINT NAME	SIGNATURE	PHONE
EHS			

THIS PERMIT SHALL BE POSTED AT THE WORK SITE ACCESS POINT COMPLETE WITH ALL SUPPORTING DOCUMENTATION.

CHECKLIST

Safe Zone (Roof top) Work

- ☐ 4 meter zone marking lines are a adequately visible and are placed 4 meters from the unguarded edge

Travel Restraint

- ☐ Permit and accompanying documents posted at the work site access point
- ☐ Guardrails are sound and of adequate strength , Safety Rail installed as per manufacturer's spec's
- ☐ Horizontal Lifeline set-up and inspected
- ☐ Single point anchor(s) appropriately placed and properly assembled as per manufacturer's spec's
- ☐ Elevated work platform has manufactured or engineered anchor points
- ☐ Harness has had yearly inspection, before use inspection completed by worker (webbing has no- cuts, burns, abrasions, stitching or excessive wear. Hardware has no – deformations or cracks
- ☐ Lanyard or Lifeline selected/adjusted to shortest possible length, still permitting unimpeded movement but will not allow worker to reach the unguarded edge
- ☐ Horizontal life line tension is correct
- ☐ Integrity of energy absorbing lanyard stitching and pouch is in tact
- ☐ Manufacturers assembly, disassembly, inspection instructions
- ☐ Snap hooks inspected (cracks or deformations, will not open when pressure applied and takes at least 2 deliberate actions to open)
- ☐ Lifelines installed and used under supervision of a competent person, protected from cuts and abrasions
- ☐ Rope inspected (wear, abrasions, damage, and mildew)
- ☐ Lanyard inspected (wear, abrasions, damage, and mildew)
- ☐ Anchorage points provide adequate strength and are capable of meeting strength related requirements
- ☐ Hole covers are secured, marked and capable of withstanding anticipated weight loads
- ☐ Effective Rescue Plan in place and reviewed
- ☐ Other (identify)_____

Fall Arrest Zone (review TRS checklist plus)

- ☐ Anchorage located directly overhead
- ☐ If Anchorage cannot be connected overhead, then connect as high as possible to minimize free fall distance
- ☐ No Swing Fall dangers including striking an object or shearing of lifeline
- ☐ CSA approved Self Retracting Lanyard inspected (shock load indicator intact, line will lock when acceleration speed of approx 4m/second is reached)
- ☐ Lanyard length as short as possible while still permitting unimpeded work
- ☐ Clearance Distance is a minimum of 20 feet , Falling worker would not hit ground or objects
- ☐ Clearance Distance is a minimum of 25 - 30 feet when using horizontal lifeline, Falling worker would not hit ground or objects
- ☐ Edge Protection in place if risk of Lifeline shearing over unprotected edge in event of fall
- ☐ Other (identify)_____
- ☐ Other (identify)_____