



## Commercial, LLC

COATINGS - SEALANTS - VWC - EPOXY SYSTEMS

# QC1016– Fall Prevention

## Quality Control / Standard Operating Procedure

### 1.0 PURPOSE

The purpose of this fall protection program is to establish guidelines to protect all employees engaged in outdoor or indoor work activities that expose them to potential falls from elevations. The scope of this fall protection program includes all QC employees working in the field. In particular those employees engaged in work activities which expose them to falls from heights of 6 feet or more.

### 2.0 SCOPE

The goal of this Fall Prevention Program is to prevent the occurrence of falls from elevations of 6 feet or higher. The goal will be accomplished through effective education, engineering and administrative controls, use of fall protection systems, and enforcement of the program. This fall prevention program will be continually improved upon to prevent all falls from occurring.

### 3.0 REFERENCES

- 3.1 QC1007-x Employee Training and Qualification
- 3.2 QC1024-x Personal Protective Equipment
- 3.3 QC1005-x Job Hazard Assessment
- 3.4 F1035-x Fall Protection Equipment Inspection

### 4.0 PROCEDURE

#### 4.1 Types of Fall Protection Systems and Equipment

- A) An articulating man lift provided with a restraint system and full body harness to an anchor point
- B) Guardrail with toeboard, midrail and toprail (this includes scissor lifts and scaffolds)
- C) Personal fall arrest systems
- D) Anchor points (rated at 5000 pounds per person)
- E) Full body harness
- F) Restraint line or lanyard
- G) Retractable lanyard
- H) Rope grabs
- I) Connectors (self-locking snaphooks)
- J) Engineered lifelines



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- K) Warning lines
- L) Safety nets
- M) Safety monitor systems.

### 4.2 Fall Protection Locations

4.2.1 Fall protection is required wherever the potential to fall 6 feet or more exists. QC has identified the following places concerning fall protection:

- A) All flat and low sloped roof locations, when working within 6 feet of the roof edge
- B) All exterior and interior equipment platforms, catwalks, mezzanines, etc.
- C) All exterior and interior fixed ladders above 20 feet
- D) All mezzanine and balcony edges
- E) All open excavations or pits
- F) All tasks requiring use of articulating man lifts
- G) Scissor lifts when extended vertically
- H) Scaffolding erection – 10 feet in height or greater
- I) All tasks requiring employees to lean outside the vertical rails of ladders

### 4.3 Fall Protection Guidelines

#### 4.3.1 Engineering Controls

This should always be the first option for selection whenever possible. When potential hazards can be engineered out of specific work area or worksite, time and effort should be made to do so. In most cases, engineering controls will reduce costs in addition to making the workplace safer.

#### 4.3.2 Guardrails

On all projects, only guardrails made from steel, wood, and wire rope are acceptable. All guardrail systems will comply with the current OSHA standards including a toprail, midrail, and toeboard, which can withstand 200 pounds of force in any direction. These guardrails will be placed in the following areas where feasible based on job location or requirements:

- A) On all open sided floors
- B) Around all open excavations or pits
- C) On leading edges of roofs or mezzanines

#### 4.3.3 Personal Fall Protection Systems

All employees on any project that will be required to wear a personal fall arrest or restraint system will follow these guidelines:

- A) A full body harness will be used at all times



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- B) Only shock absorbing lanyards or retractable lanyards are to be used so as to keep impact forces on the body at a minimum
- C) Only nylon rope or nylon straps with locking snaphooks are to be used for restraints
- D) All lanyards will have self-locking snaphooks
- E) The employee will inspect all personal fall arrest equipment before each use using form F1035 as a guide; any deteriorated, bent, damaged, impacted, and/or harness showing excessive wear will be removed from service
- F) The maximum free fall distance is not to exceed 6 feet, which is the total length of shock absorbing lanyard plus the height of the person plus the location distance of the D-ring from the work surface or platform; always allow a minimum of 6 feet of clearance above the ground, equipment, etc., at the end of the fall from the fall arrest point

#### 4.3.4 Warning Line System

All work on a flat roof greater than 50 feet wide, which is performed 6 feet or further back from the edge of the roof can be completed by installing a warning line and using a safety monitor. If the roof is flat and less than 50 feet wide, a competent person safety monitor may be used. Warning lines will consist of the following:

- A) Will be erected 6 feet from the edge of the roof
- B) Be constructed of stationary posts made of wood or metal
- C) Wire or nylon rope and "Caution" tape will be strung from post to post and must be able to withstand 16 pounds of force
- D) The warning line will guard the entire perimeter of the roof where work is being performed

If an employee must access an area within 6 feet of the roof's edge, for reasons other than exiting the roof via a ladder or fixed industrial ladder, another employee must monitor that individual and warn him of any dangers. If another employee is not available to act as a safety monitor, then the employee must don a full body harness and attach a fall restraint lanyard to an anchor point to prevent reaching the edge of the roof.

#### 4.3.5 Training

All employees engaged in fall protection will be trained and have the knowledge to:

- A) Recognize the fall hazards on their job sites
- B) Understand the hazards associated with working near fall hazards
- C) Work safely in hazardous areas by utilizing appropriate fall protection measures
- D) Understand and follow all components of this fall prevention program
- E) Identify and understand the enforceable OSHA standards that pertain to fall protection



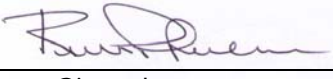
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## REVISION TABLE

Version	Date	Changes
1	02-13-08	Original Draft

## APPROVAL

QC Commercial, LLC Company	Russ Phillips Print Name	 Signed	02-13-08 Date
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