

# Site-specific Fall Protection Plan

Planning plays a key role in protecting workers from fall hazards. This fall protection plan template can assist the planning process. Supervisors should ensure that fall protection plans are designed to address site-specific conditions and comply with Federal and State Regulations.

Job Title		Start date:
Building	Work Order	
Work area:		
Tasks:		

Site-specific Fall Hazards (see diagram on page 2 for more details)

Max. height - Task 1:	Max. height - Task 2:	Max. height (other):
Roof slope(s), if applicable:		
Proximity to high voltage power lines - (MAD):		
Ground hazards:		
Other/comments:		

Type of Fall Protection You Will Use (see definitions on page 3)

<input type="checkbox"/> Fall restraint	<input type="checkbox"/> Fall arrest	<input type="checkbox"/> Aerial lift/Mobile Platform
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Equipment Inspection

Item	Condition / Comment
<input type="checkbox"/> Full body harness	
<input type="checkbox"/> Vertical lifelines	
<input type="checkbox"/> Lanyards	
<input type="checkbox"/> Rope grabs	
<input type="checkbox"/> Anchors	
<input type="checkbox"/> Ladders	
<input type="checkbox"/> Aerial Lift	
<input type="checkbox"/> Mobile Platform	

Prior to Accessing the Work Location

Checklist	Comments
<input type="checkbox"/> Competent Person Onsite	
<input type="checkbox"/> Personal Protective Equipment (PPE)	
<input type="checkbox"/> Job Briefing Conducted	
<input type="checkbox"/> Rescue Process - Identified	
<input type="checkbox"/> Electric Shock Protocol - Reviewed	
<input type="checkbox"/> Grounding Protocol - Reviewed	

Site Diagram (*include anchor locations*):

A large grid for drawing a site diagram. The grid is composed of 20 columns and 30 rows of small squares, providing a structured area for sketching and labeling anchor locations and other site features.

**Ladder / Scaffolding Setup:**

<input type="checkbox"/> Set up on a firm, level base	<input type="checkbox"/> Ladder - Extends approx. (3 feet) past edge of roof
<input type="checkbox"/> Scaffolding set-up IAW Manufacturer's Recommendation	<input type="checkbox"/> Scaffold - Secured / Inspected / Signed off by QP

**Fall Protection System Special Assembly Procedures:****Rescue Procedures for a Fallen Worker:****Fall Protection Definitions:**

- **Fall restraint** means a system to prevent a worker from falling from a work position, or from traveling to an unguarded edge from which they could fall.
- **Fall arrest** means a system that will stop a worker's fall before they hit the surface below.
- **Guardrail** means a guard consisting of a top rail, approximately 42 in. above the floor level, and an intermediate rail centered at approximately the mid-point of the space between the underside of the top rail and the floor level or upper edge of the toe-board if one is fitted.

**Notes:**

**Worker Sign-off**

I acknowledge that I have reviewed the fall protection requirements and procedures for this site with my supervisor and understand my responsibilities, specifically the requirement to use personal fall protection.

Name (please print)	Signature	Company
1.		
2.		
3.		
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15.		

Supervisor name:	Supervisor signature:	Date: MM   DD   YY
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