

Written 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. Employers should ensure that fall protection plans are designed to address site-specific conditions and comply with Safety Acts and Occupational Health and Safety Regulations.

Site address:		Start date:
Site description:	Employer:	
Work area:		
Tasks:		

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

Max. height (peak):	Max. height (eaves):	Max. height (other):
Roof slope(s), if applicable:		
Proximity to high voltage power lines:		
Ground cover/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"/> Temporary guardrail system
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Equipment Inspection

Item	Comment/defect
<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"/> Ladder hoist	
<input type="checkbox"/> Toeboards	

Prior to Accessing the Work Location

Checklist	Comments
<input type="checkbox"/> First aid attendant/facilities/equipment	
<input type="checkbox"/> Safety headgear available for all workers	
<input type="checkbox"/> Bin in place	
<input type="checkbox"/> Barricades in place	
<input type="checkbox"/> CSA safety footwear for ground work	
<input type="checkbox"/> Safety eyewear if nail guns in use	

Site Roof Diagram (include anchor locations)

A large grid for drawing a site roof diagram. The grid is approximately 30 units wide and 50 units high, providing a space for the user to draw and indicate anchor locations.

Ladder Setup

<input type="checkbox"/> Set up on a firm, level base	<input type="checkbox"/> Extends approx. 1 metre (3 feet) past edge of roof
<input type="checkbox"/> Set up 4:1 (vertical:horizontal)	<input type="checkbox"/> Secured/tied off

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 travelling 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 107 cm (42 in.) above the floor level, and an intermediate rail centred 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.		
4.		
5.		
6.		
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8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Supervisor name:	Supervisor signature:	Date: MM DD YY
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