



Mount Royal University - Environmental Health & Safety		
<b>Fall Protection Plan</b>		
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# **FALL PROTECTION PLAN**

This Fall Protection Plan must be completed anytime a hazard assessment identifies work at height over 3 m / 10 ft will be conducted on MRU property without a guardrail or comparable barrier that is at least 1 m / 3 ft in height.

- Submit the completed copy of this plan to the **Environmental Health & Safety** department for approval at least **2 working days** before the task start.
- Work at height shall not commence until EH&S has approved the plan, the area is properly signed and flagged, and the Fall Protection Checklist has been completed.
- EH&S may inspect any work area on campus and has the authority to stop unsafe work.

## **EMERGENCY: CALL 911 OR SECURITY AT 403-440-5900**

**No roof maintenance or exterior work using Mobile Elevated Work Platforms or scaffolds shall be conducted in wind conditions over 50 km/h, or when other environmental conditions lead to unsafe working conditions**

### **POST THIS PLAN AT THE WORK SITE, WITH SUPPORTING DOCUMENTATION**

*A copy shall be kept in the EH&S office*

<b>Work Location:</b>	<b>Date:</b>	<b>Start / End Times:</b>
<b>Scope of Work:</b>		
<b>Potential Fall Hazards:</b>		
<b>Fall Protection to be Used:</b> <input type="checkbox"/> <b>Move work to safe area</b> <span style="margin-left: 150px;"><input type="checkbox"/> <b>Personal Fall Arrest System (requires Rescue Plan)</b></span> <input type="checkbox"/> <b>Guardrails</b> <span style="margin-left: 150px;"><input type="checkbox"/> <b>Procedure-based system (light duty and limited duration work only)</b></span> <input type="checkbox"/> <b>Travel Restraint</b>		
<b>Anchors to be Used:</b>		
<b>Clearance Distance Calculation (for Personal Fall Arrest System only):</b> <span style="float: right;"><i>*Use the same unit (metres or feet) throughout calculation</i></span>		
<b>Fall Distance:</b>		
Potential Fall Distance (platform to next lower level)	_____ m or _____ ft	
Anchor to Edge Distance	+ _____ m or _____ ft	
<b>Total Fall Distance</b>	<b>= _____ m or _____ ft</b>	



**Clearance Required:**

Lanyard Length \_\_\_\_\_ m or \_\_\_\_\_ ft (see label)

Energy Absorber Deployment Distance + \_\_\_\_\_ m or \_\_\_\_\_ ft (see label)

Worker Height + \_\_\_\_\_ m or \_\_\_\_\_ ft (round up)

Minimum Safety Margin (may be increased) + 0.5 m or 2 ft

**Total Clearance Required = \_\_\_\_\_ m or \_\_\_\_\_ ft**

**Fall Distance \_\_\_\_\_ – Clearance Required \_\_\_\_\_ = \_\_\_\_\_ Clearance Distance**

**\*CLEARANCE DISTANCE MUST BE POSITIVE NUMBER\***

**Procedures for Temporary Fall Protection Systems (assembly/disassembly, inspection, maintenance, use)**

Manufacturer's Instructions attached?  N/A  Yes  No – enter below:

**Rescue Plan – procedures and required equipment:**

*\*Calling 911 is not a complete rescue plan – directions for onsite rescue of fallen worker must be outlined*

**\*ENSURE ALL REQUIRED RESCUE EQUIPMENT IS ON-SITE, INSPECTED, AND READY TO USE\***

**The undersigned personnel know, understand, and will follow the outlined fall protection plan:**

Role	Print Name	Signature	Phone
Supervisor			

**Authorization:**

Print Name	Signature	Phone



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### Fall Protection Checklist

**Safe Zone (Rooftop) Work:**

- Safe zone marking lines are visible and placed 4 m from unguarded edge

**Travel Restraint**

- Permit and supporting documents posted at work site access point
- Horizontal lifeline set-up and inspected, tension is correct
- Lifelines installed and used under supervision of a competent person, protected from cuts / abrasion
- Anchor(s) placed appropriately and assembled as per manufacturer’s specifications
- Anchor points adequate for required load
- Mobile Elevated Work Platform has manufactured or engineered anchor points
- Harness inspected annually, pre-use inspection performed, in good condition for use
- Energy absorbing lanyard in good condition, stitching and pouch intact
- Snap hooks inspected and in good condition
- Ropes inspected and in good condition
- Lanyard inspected and in good condition
- Lanyard / lifeline is self-retracting or adjusted to length that allows worker to perform task while keeping them at least 0.5 m from any unguarded edge when lanyard / lifeline is fully extended
- Hole and ladder access covers are secured, marked, and capable of withstanding anticipated weight loads
- Other (list): \_\_\_\_\_

**Personal Fall Arrest**

- Anchor located directly overhead, or as high as possible to limit free-fall distance
- No swing fall dangers (e.g. striking object or shearing lifeline)
- Harness inspected annually, pre-use inspection performed, in good condition for use
- Energy absorbing lanyard in good condition, stitching and pouch intact
- Snap hooks inspected and in good condition
- Ropes inspected and in good condition
- Self-retracting lanyard CSA approved, inspected within the last year, in good condition, shock load indicator intact, line will lock when acceleration speed of 4 m / second is reached
- Lanyard is adjusted to shortest possible length that still allows worker to perform task
- Clearance distance calculated based on worst-case scenario, and falling worker could not hit ground or objects below
- Edge protection in place if there’s a risk of the lanyard / lifeline shearing over unprotected edge in event of a fall
- Holes & ladder access covers are secured, marked & capable of withstanding anticipated weight loads
- Effective rescue plan in place, reviewed, understood, & communicated to all with role to play in rescue
- Other (list): \_\_\_\_\_
- Other (list): \_\_\_\_\_

**Completed by:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_