Fall Protection Safety Program

ENVIRONMENTAL HEALTH & SAFETY

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FALL PROTECTION PROGRAM

A. INTRODUCTION

1. This Program serves as the University's written Fall Protection Program as outlined in OAR 437-002-0125 (OR-OSHA General Occupational Safety & Health Administration Standards Division 2 Subdivision I Personal Protective Equipment - 1910.132).

2. A safe and successful Fall Protection Program requires preplanning. This includes identifying anticipated Fall Hazards in the workplace, selecting proper equipment to control the hazards, providing good documentation on the necessary controls, providing appropriate training for everyone involved, and rapidly responding to emergency situations.

3. The objective of this Program is to help ensure that all UO Employees be protected from fall hazards when working on elevated unguarded surfaces. This program includes guidelines for training requirements, equipment use and maintenance, program auditing, and assessment.

4. As exception to this guideline exists in OAR 437-003-0075 (OR-OSHA Safety & Health Administration Regulations for Construction Division 3 Subdivision M Floors and Wall Openings, and Stairways – 1926.501). If the work to be performed is construction rather than maintenance, workers shall comply with 1926.501. If there are questions which standard the work would be covered under, contact UO Environmental Health & Safety (EHS) for clarification.

B. SCOPE

1. This program applies to all UO Employees working at heights more than 10' above a lower level, within 6' of the work surface's leading edge or at any height above dangerous equipment. A copy of the UO Fall Protection Program will be available to all Employees via the UO EHS website. Fall Protection training will be available and mandatory prior to Employee work assignments involving fall exposure hazards.

C. RESPONSIBILITIES

1. **Department** – Departments are responsible for:
   a. Carrying out the Fall Protection Program in accordance with this Written Program.
   b. Funding Program expenses including, but not limited to, Employee training and required equipment.
   c. Notifying EHS of any violations of the Fall Protection Safety Program.

d. Enforcing compliance with the Fall Protection Safety Program.

2. **Environmental Health & Safety (EHS)** – EHS is responsible for:
   a. Administering and managing the Fall Protection Safety Program.
   b. Assisting departments in evaluating their compliance with the Program.
   c. Providing notice of any changes in Program and training requirements.
   d. As notified by Supervisors for the need, conduct basic Fall Protection training for Employees.
   e. Maintain basic Fall Protection training records.
   f. Will solicit input from users, through their Supervisors, during the annual review process.

3. **Supervisor** – Supervisors are responsible for:
   a. Identifying Employees within their Department who will be working at heights greater than 10’ or above dangerous equipment.
   b. Providing job specific Fall Protection training.
   c. Maintaining written Employee job specific training records.
   d. Ensuring Employees are following the Program.
   e. Requesting required initial basic Fall Protection training or any necessary basic refresher training from EHS.
   f. Will immediately notify EHS of any Employee feedback of newly identified hazards and any incidents that occur in connection with Fall Protection.
   g. Annual Personal Fall Protection equipment inspections will be conducted by a Supervisor competent person for Employees using Fall Protection equipment and devices. These inspections will be documented using the UO Fall Protection Inspection Form and a copy submitted to EHS for record keeping purposes.

4. **Employee** – Employees are responsible for:
   a. Performing work assignments in accordance with this Program.
   b. Inspecting their body harness, lifeline, connector, and other fall protection equipment prior to each use for visual defects.
   c. Placing defective equipment out of service.
   d. Providing feedback to Supervisors of any newly identified hazards or concerns.

D. DEFINITIONS

1. “**Anchor**” – A secure point of attachment for lifeline, lanyard and deceleration devices. Must be capable of supporting a minimum load of 5,000 lbs. per worker for a fall arrest system and 3,000 lbs. for a Fall Restraint System.

2. "**Body Harness**" – Straps that an individual wears to distribute Fall Arresting forces over the thighs, chest, shoulders or pelvis. Attaches to other components of a Fall Arrest System. Maximum safe arresting force of a body harness is 1,800 lbs.
3. "**Competent Person**" – A person who is capable of identifying existing and predictable hazards in the work environment, and who has the authority to take prompt measures to eliminate the hazards.
4. "**Connector**" – A device used to connect components of a Fall Arrest or Fall Restraint System. May be an independent locking snap hook with a self-locking keeper or integral (D-ring/buckle) component of the System.
5. "**Cover**" – A rigid object used to overlay openings in floors, roofs, walkways and working surfaces.
6. "**Deceleration Device**" – A mechanism that dissipates or limits energy imposed on a person during Fall Arrest. May be rip stitch lanyards or automatic self-retracting lifelines or special woven lanyards.
7. "**D-rings**" – Attachment points on a body harness for the deceleration device/lanyard. D-rings must be capable of sustaining a minimum tensile strength of 5,000 lbs.
8. "**Fall Arrest System"** – A system that consists of an anchor, connectors, and a body harness that work together to stop a fall of more than 2' but less than 6'and minimize the arrest force.
9. "**Fall Protection System**" – Equipment designed to control fall hazards which may include Fall Arrest Systems, Fall Restraint Systems, guardrail systems, safety nets warning line systems, and controlled access zones.
10. "**Fall Rescue Planning**" – During the work planning stages and setting up the Fall Protection applicable to the job to be completed, this is the time taken to plan for the rescue of an Employee that has fallen and is hanging from his/her Fall Arrest System.
11. "**Fall Restraint System**" – A Fall Protection System designed to physically prevent an Employee from free falling more than 2'.
12. "**Lanyard**" – A flexible rope, strap or webbing that connects body harness to a deceleration device, lifeline, or lanyard. Lanyards that tie off one worker must have a minimum breaking strength of 5,000 lbs. Lanyards that automatically limit free-fall distance to two feet or less must have components capable of sustaining a minimum static tensile load of 3,000 lbs. with the lanyard in the fully extended position.
13. "**Lifeline**" – A flexible line that attaches directly to a Employee's body, harness, lanyard or decelerating device at one end, and to the anchor at the other end. A lifeline can be

vertical (hangs vertically and is connected to one anchor) or horizontal (stretches horizontally between two anchors). Lifelines must be protected against cuts or abrasions and may not be made of natural fiber rope.

14. "**Self-retracting Lifeline/Lanyard**" – A deceleration device consisting of a drum-wound line that retracts or extends from the drum with normal Employee movement but in the event of a fall the drum automatically locks. If Free-Fall is limited to two feet or less the components must be capable of sustaining a minimum static tensile load of 3,000 lbs. but if the Free-Fall can exceed two feet a 5,000 lb. tensile load strength is required.
15. "**Tie Off**" – The act of connecting to an anchor point. To be tied off means being connected to an anchor point.

E. GENERAL REQUIREMENTS

1. If Employees are working at heights more than 10' above a lower level and within 6' of the work surface's leading edge or at any height above dangerous equipment, a Fall Protection System is required.

2. The use of aerial or scissor-lifts can be used when working at heights where Fall Protection is required unless the area is inaccessible or too high for a man-lift. The use of aerial and scissor-lifts also require Fall Protection Equipment be used during lift operations. See aerial and scissor-lift Section G of this safety program.

3. Prior to use of any Fall Arrest system, the Employee will perform a visual inspection of anchor points for rust or other signs of deterioration and for cracking, spalling or splaying in the anchor attachment area. If signs of deterioration are detected, the affected anchors are not to be used until a qualified person evaluates the situation and provides written documentation the anchors meet code requirements.

4. Fall Arrest Systems, capable of sustaining a minimum tensile strength of 5,000 lbs., shall stop a fall of more than 2'but less than 6'. Fall Restraint Systems, capable of sustaining a minimum tensile strength of 3,000 lbs. with an anchor that can support 3000 lbs., shall not allow the Employee to free fall more than 2'.

5. All Fall Protection equipment, including harnesses, lanyards and other connectors must be visually inspected before each use. Inspect for:
    a. Cuts, tears, rips, snags, punctures, abrasions, mold or stretching.
    b. Alterations or additions which might affect the system's efficiency.
    c. Damage caused by acids, corrosives.

d. Distorted hooks or faulty hook springs.
e. Cracked, broken, or deformed D-Ring, grommets, and locking snap hooks.
f. Loose, damaged or non-functioning mountings and parts.
g. Wearing or any internal deterioration in the ropes.
h. Color fading possibly indicating UV exposure.

6. In addition, periodic inspections, at least annually, will be conducted by a Supervisor competent person. These inspections will be documented using the UO Fall Protection Inspection Form.

7. During work preplanning stages and accounting for the type of Fall Protection equipment needed for the job to be completed, set aside time to plan avenues for the rescue/self-rescue or assisted rescue of an Employee that has fallen and is hanging from his/her Fall Arrest System. Simple devices such as a self-rescue ladder can be attached to the worker's harness and can help relieve suspension trauma after the fall while waiting to be rescued.

8. In the unlikely event a fall occurs and where self-rescue is not possible call the University Police Department (UOPD) at 911 or 541-346-6666.

F. EMPLOYEE TRAINING

1. The Fall Protection training provides both first-time training and refresher training. Class attendees are asked to bring their Fall Protection equipment (harnesses, lanyards, lifelines, etc.) to demonstrate proper use during training. ***Note: Working from portable ladders at or above 10 feet does not require fall protection.***

2. Basic Fall Protection training will be provided by a competent person in EHS to help ensure that Employees will be able to recognize fall hazards and how to use appropriate procedures to minimize exposure to the hazards. Jobsite specific training will be conducted by Supervisors of Employees in those areas. Employees who may be exposed to fall hazards and who will use Personal Fall Arrest Systems must be trained at a minimum by the Supervisor in the following areas:

   a. How to properly inspect, maintain, store, and wear the equipment.
   b. The proper hookup and attachment methods for the equipment.
   c. Appropriate anchoring and tie off techniques.
   d. How to estimate free fall distances.
   e. Self-rescue procedures and techniques.

f. How to review system design to take into account swing falls and equipment exposure to sharp edges.

3. Employees shall receive the EHS basic and Supervisor job specific training as soon after employment as possible and before they are required to work in areas where fall hazards exist.

4. Retraining shall be required and conducted by the Supervisor on job specific Fall Protection use if there is equipment, work process, and/or worksite changes, and is also required if an Employee doesn't recognize fall hazards or fails to use Fall Protection equipment effectively.

G. AERIAL AND SCISSOR-LIFT FALL PROTECTION

1. The use of Aerial and Scissor-Lifts require Fall Protection Equipment be worn during Lift operations. See the Aerial and Scissor-Lift Safety Program elements for specifics. For Fall Protection it is similar to this program for the type of Fall Protection equipment to wear, use, anchor points, etc.

H. MAIN LIST OF AFFECTED DEPARTMENTS

Department
AAA
Athletics
Campus Operations
EMU
Housing
Jordan Schnitzer Museum
Matthew Knight Arena
Network/Telecom Services
Oregon Institute of Marine Biology (OIMB)
Theatre Arts

I. PROGRAM REVIEW DOCUMENTATION

This Fall Protection Safety Program is not all inclusive to what an Employee might need for job specific duties. Review of this program will be conducted by EHS and revisions made as necessary.

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