

Appendix B

Written Fall Protection Program Sample/Template

From: Operations Manager *[USACE Facility]*

To: All *[Facility]* Employees

Subject: *[Facility]* Fall Protection Program Memorandum

References:

- (a) EM 385-1-1, Safety and Health Requirements Manual, to include changes
- (b) USACE Fall Protection Guide
- (c) ANSI Z359 Fall Protection Code
- (d) 29 CFR 1926 Subpart M Fall Protection in Construction
- (e) 29 CFR 1910, Subpart D, Walking/Working surfaces
- (f) [*Any other applicable instructions or manuals*](#)

Encl: (1) Fall hazard survey and assessment report
(2) Fall protection and prevention plan
(3) Fall arrest rescue plan

Purpose

The purpose of this memorandum is to establish a fall protection program and provide policy and requirements for the implementation of this program. In addition, it establishes procedures on fall protection and fall prevention for *[Facility]* personnel working at heights and exposed to fall hazards while conducting construction, maintenance or inspection work, and other personnel involved in the fall protection program.

Background

Falls from elevation are the leading cause of injuries and fatalities in the work place. Thousands of workers suffer injuries due to falls, resulting in lost time from work. References (a) and (b) direct all USACE-Owned/Operated facilities to establish a managed fall protection program. Additionally, reference (a) directs all facilities to establish a fall protection program that shall include, as a minimum: identification and elimination of fall hazards, whenever practical, through engineering controls; training of personnel; proper installation and use of fall protection systems, and required rescue equipment and procedures.

The nature of our work at *[Facility]* requires that we work at heights and possibly be exposed to potential fall hazards, or exposed to falling onto dangerous equipment from any height. Not all

cranes, buildings, structures or access to cranes or equipment have fully guarded working platforms, guardrails, walkways or OSHA compliant ladders. Additionally workers are required to access areas that have unprotected working surfaces. Therefore alternative fall protection, including fall arrest equipment, alternate access methods, or restrictions on access are required.

Fall Protection Policy

- a. The USACE is committed to providing a safe work environment for its personnel exposed to fall hazards to insure that the safety of all personnel including contractor personnel during performance of their work is of the utmost importance.
- b. *[Facility]* personnel shall take every reasonable precaution to protect themselves and others during performance of their work.
- c. *[Facility]* will use the *USACE Fall Protection Guide*, reference (b), as its fall protection program. In addition part of the *[Facility]* fall protection program will include training records, fall protection equipment inventories and inspections, and Activity Hazard Analyses for any work at heights or exposure to fall hazards.

Requirements

- a. *[Facility]* personnel who might be exposed to fall hazards and using fall protection equipment shall read and understand the requirements of this plan, EM 385-1-1 Section 21 and the *USACE Fall Protection Guide*.
 - Note. There is an applicable Change 2 to the 2008 version of EM 385-1-1.
- b. *[Facility]* personnel exposed to fall hazards shall comply with the requirements of reference (b), including being protected from fall hazards when on an elevated walking/working surface with unprotected sides, edges, or floor openings, from which there is a possibility of falling four feet or more to a lower level; or where there is a possibility of a fall from any height onto dangerous equipment, into a hazardous environment, or onto an impalement hazard.
- c. *[Facility]* has designated *[NAME, position]* as Fall Protection Program Manager. The Fall Protection Program Manager is authorized by the site manager responsibility for the development and implementation of the fall protection program. The Fall Protection Program Manager shall ensure that all personnel exposed to fall hazards and using fall arrest equipment and other personnel involved in the program receive adequate training.
- d. Fall arrest equipment used by *[Facility]* personnel shall comply with the requirements in EM 385-1-1, Section 21, the requirements in reference (b), and with ANSI Z359.1 (latest revision) requirements.
- e. *[Facility]* personnel exposed to fall hazards shall be trained in fall prevention and protection in accordance with EM 385-1-1, paragraph 21.B and the requirements of reference (b). Other personnel involved in the Fall Protection program shall also receive fall protection

training in accordance with EM 385-1-1, paragraph 21.B and the requirements in references (b) and (c).

f. Anchorages identified and used by *[Facility]* personnel for fall arrest equipment shall comply with EM 385-1-1, paragraph 21.H and the requirements in reference (b).

g. Inspection, storage, care, and maintenance of our fall protection equipment shall comply with EM 385-1-1, paragraph 21.H.02, the requirements in reference (b), and the inspection, storage, care and maintenance instructions provided by the equipment manufacturers.

h. All falls from height mishaps experienced by *[Facility]* personnel shall be reported to the Fall Protection Program Manager at a minimum for investigation purposes. Regular accident reporting/recording procedures shall be used. When fall arrest equipment being used is impacted or activated during a fall, it shall be reported as a near-miss.

i. EM 385-1-1, paragraph 21.C.01 requires a *Fall Protection and Prevention Plan* as part of a managed program when fall arrest systems are used. For routine and predictable tasks, a site-specific “*Fall Protection and Prevention Plan*” shall be prepared and used. For non-routine and emergency tasks and when fall-arrest systems are used, *[Facility]* personnel may use a generic *Fall Protection and Prevention Plan* for the type of work *[unprotected side or edge of a building, structure, crane or equipment]* being climbed or accessed at heights (*e.g. equipment on roofs, towers, poles, portal crane, floating crane, overhead traveling crane, mobile crane, etc.*). The site-specific and generic plans shall be prepared in advance either by a Competent Person for Fall Protection or a Qualified Person for Fall Protection (see Appendix Q of EM 385-1-1 for definitions). EM 385-1-1, paragraph 21.C.02 requires each facility to survey the workplace to identify potential fall hazards and prepare *fall hazard survey report*.

j. Following a fall from a height, the end user who is wearing a full body harness that is properly secured to an anchorage, may be suspended in the harness for a length of time if self-rescue or rescue by co-workers cannot be performed quickly. Sustained immobility in a body harness may lead to suspension trauma also known as “harness induced pathology” as described in reference (b). Suspension trauma results from the accumulation of blood in the veins commonly called venous pooling. The symptoms (known as orthostatic intolerance) of suspension trauma include light-headedness, dizziness, weakness and occasionally fainting. The reduction in quantity and/or quality (oxygen content) of blood flowing to the brain leads to unconsciousness and harmful effects on other vital organs. If these conditions continue, they potentially may be fatal. End users shall be trained in the methods for minimizing the effect or delaying suspension trauma if an end user is suspended in a body harness and unable to perform a self-rescue, and needs to wait to be rescued, e.g. keep legs moving and raise knees into the body to help prevent the pooling of blood in the legs. Employees shall carry attached to their full body harness the two deployable safety straps furnished to them as part of their equipment. These safety straps allow an employee suspended in a body harness after a fall to insert their feet and stand up to relieve harness strap pressure on their thighs and helps blood circulation until rescue.