

APRIL IS FALL PROTECTION - LADDER SAFETY MONTH

USE OF GROUND LADDERS

Firefighters must demonstrate skills associated with the use of ground ladders, roof ladders, and other ladders based on IFSAC FF1 skill sheets on an annual basis.

CONSTRUCTION, CARE, AND TESTING OF GROUND LADDERS

New ground ladders purchased after the effective date of this chapter shall be constructed and certified in accordance with the 2004 edition of NFPA 1931, Standard on Design and Design Verification Tests for Fire Department Ground Ladders.

Firefighters shall climb and descend ground ladders with the fly in, for safety purposes, when not in conflict with the manufacturer's recommendations. Even when ladders are routinely used in the fly-out configuration, in adverse conditions firefighters shall be permitted to climb and descend ground ladders with the fly-in to ensure secure footing.

All ground ladders shall be maintained in accordance with the manufacturer's recommendations and visually inspected at least once a month and after every use. The following ladder components shall be visually inspected:

- (a) Heat sensor labels, if provided, for a change indicating heat exposure.
- (b) All rungs for snugness and tightness.
- (c) All bolts and rivets for tightness.



- (d) Welds for any cracks or apparent defects.
- (e) Butt spurs for excessive wear or other defects.
- (f) Halyards for fraying or breaking.
- (g) Roof hooks for sharpness and proper operation.
- (h) Beam and rungs for punctures, wavy conditions, worn serrations or deformation.
- (i) Surface corrosion.

The following wood ladder components shall be checked:

- (a) Beams for dark streaks. When a wood ground ladder develops dark streaks in the beams, the ladder shall be removed from service and service tested.

- (b) Loss of gloss on the protective finish of fiberglass or wood ladders, signifying damage or wear.

Any sign of damage or defect during a visual inspection shall be cause to remove the ladder from service until it has been repaired. Scratches and dents shall not be cause for a ladder to fail a test if it passes the appropriate service test.

If the heat sensor label has an expiration date, and that date has passed, the heat sensor label shall be replaced.

Whenever any ground ladder has been exposed, or is suspected of having been exposed to direct flame contact, or wherever the heat sensor label has changed to indicate heat exposure, the ladder shall be service tested according to NFPA 1932.

Temporary repairs shall not be made to ground ladders.

When ground ladders are tested, they shall be tested in accordance with the strength service testing procedures of the 2004 edition of NFPA 1932, Standard on Use, Maintenance and Service Testing of In-Service Ground Ladders, section 7.2.

LADDER MOVEMENT AND USE

Ladder movements and raises can cause injuries to firefighters. Ladders should be carried using proper techniques as described in IFSAC Firefighter I skill sheets, with the proper number of personnel used for each ladder size.

Lifting of ladders should be done with proper lifting techniques, on the command of one member of the team. Ladder lowering should be done on command also.

Ladders should be raised with one fluid movement.

Ladders can be a cause of falls for firefighters. Proper balance must be maintained by working off a ladder with your center of gravity staying between the rails.

Ladders must be "heeled" by another firefighter when personnel are climbing or descending the ladder.

When possible, a ladder used in a position for an extended period of time should be tied off to free personnel for other functions.

When working off the ladder requires both hands of the firefighter, they should secure themselves to the ladder to avoid a fall. (WFC Sample Policy 12.09.01)



FALL PROTECTION

Note: *The following section does not apply to training on ladders or in emergency response situations.*

When firefighters are engaged in training above the ten foot level, where use of lifelines or similar activities are to be undertaken, a safety net or other approved secondary means of fall protection recommended in chapter 296-155 WAC, Part C-1, fall protection requirements for construction, shall be used.

Rope rescue equipment and using a belay line does not meet this standard.

Secondary means of protection include using equipment such as safety nets, guardrails on props and roofs, or an ANSI Class III harness attached to a lifeline or retractable fall restraint equipment.

Training requiring safety net protection shall not be undertaken until the net is in place and has been tested by the weight of three fire fighters on the net.

STANDARD GUARDRAILS

- Be 39"- 45" above the work surface at top rail with mid-rail and toe board.
- Be able to withstand 200 lbs of pressure on the top rail in any direction.

NEW REQUIREMENTS FOR FALL PROTECTION

When firefighters are engaged in training above the ten foot level, a safety net or other approved secondary means of fall protection recommended in chapter 296-155 WAC, Part C-1, shall be used.

Consider putting ventilation props on the ground to meet training fall protection requirements.

FALL PROTECTION EQUIPMENT

- A Class III ANSI approved harness is required if being used as fall arrest.
- The harness must be attached by D-Rings to a rope with a deceleration device and rope grab system to be used as fall arrest.
- A Class III ANSI approved harness and a retractable fall restraint system may be used as an alternate, requiring only a 3000 lb anchor.
- Fall arrest systems must have anchor points capable of withstanding a 5000 lbs shock unless a deceleration device in use limits falls to 2', in which case, a 3000 lbs anchor point may be used.
- Free fall may not exceed 6', but if a 6' fall will contact a lower level, then the free fall distance must be reduced to avoid impact.
- Lifelines must be placed or protected to prevent abrasion damage.
- Snap hooks or carbiners must have double locking mechanisms. Snap hooks may not be connected to each other, or to loops in webbing.
- Inspect components for damage, deformation, wear, and mildew before using.



APRIL SUGGESTED TRAINING SCHEDULE

	TRAINING SUGGESTION	DEPARTMENT ACTUAL TRAINING SCHEDULE
WEEK 1 DATE:	FALL PROTECTION (SC MEETING)	
WEEK 2 DATE:	(SDE2) LADDERS/ VENTILATION EVOLUTION	
WEEK 3 DATE:	SCBA QTRLY- STRUCTURE	
WEEK 4 DATE:	ROPE - ROPE RESCUE	
OPTIONAL FULL DAY:	RED CARD FIELD EXERCISE (OR S-190 FOR INITIAL)	
OPEP DATE:		

TRAINING AND SITE SPECIFIC PLANS

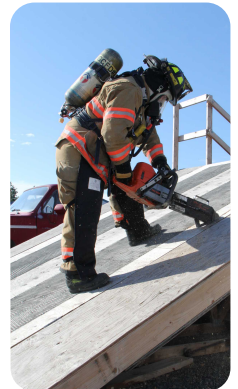
Each training site should have the site specific fall protection plan filled out for training activities over 10'.

Each member shall be trained on the site specific fall protection plan and proper equipment use before using fall protection equipment during training.

Any fall protection system used in training evolutions shall be inspected by a competent person.

The proper donning, doffing, inspection, and use of fall protection equipment must be covered with each member before equipment is used in training evolutions.

(WFC Sample Policy 12.08.03)



Reference: WAC 296-305-06006, WAC 296-305-05502(5), 296-155 WAC, Part C-1,

Customize our program: _____

