**12.08.03 FALL PROTECTION IN TRAINING**

**1.0 REFERENCE**

WAC 296-305-06006

**2.0 POLICY**

**2.1** 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.

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

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

**2.4** This section does not apply to training on ladders or in actual emergency response.

**3.0 DEFINITIONS**

N/A

**4.0 RESPONSIBILITY**

**4.1** The Training Officer shall receive training and be deemed the Competent Person for Fall Protection Systems.

**4.2** The Training Officer will create site specific plans for fall protection equipment used.

**4.3** The Training Officer shall be responsible to provide adequate training to provide proficiency in the proper donning, doffing, inspection, and use of fall protection equipment with each member before equipment is used in training evolutions.

**5.0 PROCEDURES**

**5.1** For roof ventilation training, a secondary means of fall protection shall be used when there is a possibility of a fall of over 10’ from the soles of a firefighters boot.

**5.2** If safety nets are used, Safety nets shall be tested annually by dropping a weight of not less than 400 pounds from the highest point to be used above the net. The test weight object may consist of two tightly tied rolls of two and one-half inch hose, each 100 feet long, or any other object having similar weight and dimension.

**5.3** 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.

**5.4** When Standard Guardrails are used they must be built accordingly:

* + - Be 39"- 45" above the work surface at the top rail with mid-rail and 5 1/2” toe board.
    - Be able to withstand 200 lbs of pressure on the top rail in any direction.

**5.5** When using Personal Fall Arrest or Restraint 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. Snaphooks may not be connected to each other, or to loops in webbing.
    - Inspect components for damage, deformation, wear, and mildew before using.

**5.6** When possible, roof props will be placed on the ground, so as not to need secondary fall protection.

**5.7** A site specific fall protection plan for training must be filled out when using personal fall arrest harnesses as the means of fall protection for training over 10’.

**6.0 ADDITIONAL REFERENCES**

**7.0 APPENDIX**

**N/A**

**FALL PROTECTION TRAINING SITE SPECIFIC PLAN**

Fill out the specific TRAINING SITE information.

On the table below, identify each fall hazard of 10 feet or more that exists or will exist during this construction project and then select the protection method from the options identified below the table.

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| --- | --- |
| EMERGENCIES | Training: The following Firefighters have been trained for this Fall Protection Training Plan. |
| If a firefighter is injured at elevation, the OIC will evaluate the firefighter’s condition and administer first aid. The firefighter will be brought down to a lower level by qualified personnel using a backboard and c-collar. A trained firefighter will place a ladder next to the injured firefighter and release the pressure off the injured firefighter’s legs (but leaving straps fastened), if safe to do so, while awaiting qualified personnel to .  The following equipment is available on site to facilitate lowering the injured worker: *Extra Ropes, Ladders, and Rope Rescue Equipment.* | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

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| Training Specific Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  | |
| First Aid Trained Officer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| --- | --- | --- | --- | --- |
| √ | Hazard Type | General Location(s) | Fall Protection Method | Overhead Protection Method |
|  | Falls during training at heights above 10’ | Roofs, Upper Story Openings | Anchors with Personal Fall Arrest Harness | Helmet |
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**FALL PROTECTION TRAINING SITE SPECIFIC PLAN**

**Fall Protection System Assembly and Maintenance:**

Fall protection systems will be assembled and maintained according to manufacturer’s instructions when using a manufactured system. A copy of those instructions is available on-site for reference. Any fall protection system used will meet WISHA regulations as contained in WAC 296-155 Part C-1. Assembly and maintenance instructions unique to this worksite such as components, placement of systems, anchor points, areas where systems are particularly subject to damage, etc., are specified below.

**Standard Guardrails must:**

* be 39” to 45” above the work surface at top rail with midrail and toe board.
* be able to withstand 200 pounds of pressure on the top rail in any direction.
* not have significant deflection.
* be inspected regularly for damaged or missing components.

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| Post Material: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Rail Material: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Post Spacing (8’ max): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Anchor Method: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Other Instructions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |

*Note: A guardrail does not protect a person standing on a ladder, box, or other surface above the work surface.*

**Fall Arrest Harness:**

* Must have anchor points capable of withstanding a 5000 pound shock unless a deceleration device in use limits fall to 2 feet, in which case a 3000 pound anchor point may be used.
* Free fall may not exceed 6’.
* A lower level may not be contacted during a fall.
* Lifelines must be placed or protected to prevent abrasion damage.
* Snap hooks may not be connected to each other, or to loops in webbing.
* Inspect components for deformation, wear, and mildew.

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| System Component List: \_\_\_\_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Anchor Point at this training site: \_\_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* |

**Covers or Hatches must:**

* Be able to support twice the weight of employees and equipment that would be on it at the same time or twice the maximum axle load of the largest vehicle that would cross it.
* Be secured to prevent accidental displacement.
* Be marked with the word “Cover” or “Hole”.