PennState Physical Plant

Program Highlights

FALL PROTECTION

SEPTEMBER 2019

INTRODUCTION

The purpose of this program is to protect employees from falls in our workplace. This program applies to all OPP employees who are required to work at heights over 4 feet.

TRAINING

Employees shall be trained in fall protection every 3 years. Training is provided by EHS or OPP Safety and must include the following:

- Identify hazards associated with working at heights
- Methods to mitigate the hazards associated with working at heights
- Trained in the use and inspection of personal fall arrest systems. (PFAS)

INSPECTIONS

Employees shall perform a visual inspection of any and all fall protection systems prior to each use.
A Competent Person (Roofing crew) shall perform a more extensive annual inspection of certain fall protection systems and equipment to ensure the integrity of the system is not compromised:

- Horizontal Lifelines
- Vertical Lifelines
- Personal fall arrest harness
- Self -retracting lifelines (retractables)
- Lanyards
- Portable anchors such as beam straps, beam clamps, plug anchors, etc.

KEY ELEMENTS

Fall protection is required anytime you are working at a height of 4 feet or more.
39 – 45 inch guardrail with a mid rail is required on elevated work surfaces including roofs

- Guardrails must support 200 lbs of lateral force
- Toeboards are required where workers are working below

Personal Fall Arrest System is also acceptable as a last resort. This includes a full body harness, lanyard and approved anchor point.

- Anchor points must be able to support 5000 lb per worker and in most cases must be certified by an Engineer as meeting that criteria

RESOURCES

Fall Protection Program

Committed to Safety Excellence