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POLICY

It is the policy of L.D. Docsa Associates, Inc. to protect its employees from occupational injuries by implementing and enforcing safe work practices and appointing a competent person(s) to manage the Fall Protection Program. The Fall Protection Program shall comply with the MIOSHA requirements. A copy of the MIOSHA Fall Protection Standard shall be made available to all employees, and may be obtained from the Safety Manager.

ASSIGNMENT OF RESPONSIBILITY

Employer

It is the responsibility of L.D. Docsa Associates, Inc. to provide fall protection to affected employees, and to ensure that all employees understand and adhere to the procedures of this plan and follow the instructions of the Site Superintendent and plan.

Program Manager

It is the responsibility of the Safety Manager as the Fall Protection Program Manager to implement this program by:

- Performing routine safety checks of work operations;
- Enforcing Company Name safety policy and procedures;
- Correcting any unsafe practices or conditions immediately;
- Training employees and supervisors in recognizing fall hazards and the use of fall protection systems;
- Maintaining records of employee training, equipment issue, and fall protection systems used at L.D. Docsa Associates, Inc. jobsites; and
- Investigating and documenting all incidents that result in employee injury.

Employees

It is the responsibility of all employees to:

- Understand and adhere to the procedures outlined in this Fall Protection Program;
- Follow the instructions of Responsible Person;
- Bring to management's attention any unsafe or hazardous conditions or practices that may cause injury to either themselves or any other employees; and
- Report any incident that causes injury to an employee, regardless of the nature of the injury.

TRAINING

All employees whose duties require them to work at heights must have the appropriate training. Employees who may be exposed to fall hazards are required to receive training on how to recognize such hazards, and how to minimize their exposure to them. Employees shall receive training as soon after employment as possible, and before they are required to work in areas where fall hazards exist.

Training of employees by Safety Manager shall include:

- Nature of the fall hazards employees may be exposed to.
- Correct procedures for erecting, maintaining, disassembling, and inspecting fall protection systems.
- Use and operation of controlled access zones, guardrails, and personal fall arrest systems, safety nets, warning lines, and safety monitoring systems.
- Role of each employee in the Safety Monitoring System (if one is used).

- Limitations of the use of mechanical equipment during roofing work on low-slope roofs (if applicable).
- Correct procedures for equipment and materials handling, and storage and erection of overhead protection.
- Role of each employee in alternative Fall Protection Plans (if used).
- Requirements of the MIOSHA Fall Protection Standard, Part 45.
- L.D. Docsa Associates, Inc. requirements for reporting incidents that causes injury to an employee.

Additional training shall be provided on an annual basis, or as needed when changes are made to this Fall Protection Program, an alternative Fall Protection Plan, or the MIOSHA Fall Protection Standard.

Scaffold Training

Scaffold Training will be conducted by our safety manager through the Safety Training Program. Scaffold users and erector/dismantlers will be trained on fall protection, as listed in paragraph b. below, and the following areas:

- The proper use of the scaffold types used and the maximum intended load capacity of these scaffolds.
- The electrical, fall, and falling object hazards of erecting, working on, and dismantling scaffolds, and the procedures and equipment used to control these hazards.
- The procedures for erecting, dismantling, moving, operating, inspecting, maintaining and repairing the scaffold.
- The relevant parts of the scaffold standard.

Fall Protection Training

Fall Protection Training will be done by L.D. Docsa Associates, Inc. through the Safety Training Program and cover the following topics:

- The nature of the fall hazards in the work area.
- The correct procedures for erecting, using, maintaining, disassembling and inspecting fall protection systems.
- The use and operation of guard rail systems, safety net systems, personal fall arrest systems, warning line systems, controlled access zones, safety monitoring systems, and any other fall protection used.
- The limitations for using mechanical equipment on roofs.
- The erection of overhead protection and protection from falling objects.
- The employee's role in safety monitoring systems and fall protection plans, and the contents of the fall protection standard.

Ladder Training

Each employee required to use a ladder will receive training as part of the Safety Orientation Training Program, or will receive on the job training from their supervisor on how to recognize hazards related to ladder use, and procedures to minimize those hazards.

Training will include the following topics: fall hazards; the correct procedures for inspecting, erecting, using, and maintaining the ladders to be used; the correct procedures for using and maintaining any fall protection required; the maximum load carrying capacities of the ladders to be used; and relevant details of the ladder standard.

RECORDKEEPING

Training and recordkeeping will be done in accordance with the Company Safety Training Program. Employees will be retrained when there are changes in the work site effecting work procedures or equipment covered by this program, or when they cannot demonstrate adequate knowledge in the relevant topics of this program.

A record of employees who have received training and training dates shall be maintained Safety Manager.

CONTROLLED ACCESS ZONES

Controlled access zones shall be defined by control lines consisting of ropes, wires, tapes, or equivalent material, with supporting stanchions, and shall be:

- Flagged with a high-visibility material at six (6) foot intervals.
- Rigged and supported so that the line is between 30 and 50 inches (including sag) from the walking/working surface.
- Strong enough to sustain stress of at least 200 pounds.
- Extended along the entire length of an unprotected or leading edge.
- Parallel to the unprotected or leading edge.
- Connected on each side to a guardrail system or wall.
- Erected between six (6) feet and 25 feet from an unprotected edge, except in the following cases: When working with precast concrete members: between six (6) feet and 60 feet from the leading edge, or half the length of the member being erected, whichever is less; or When performing overhand bricking or related work: between ten (10) feet and 15 feet from the working edge.

EXCAVATIONS

Fall protection will be provided to employees working at the edge of an excavation that is six (6) feet or deeper. Employees in these areas are required to use the fall protection systems as designated in this program.

- Excavations that are six (6) feet or deeper shall be protected by guardrail systems, fences, barricades, or covers.

- Walkways that allow employees to cross over an excavation that is six (6) feet or deeper shall be equipped with guardrails.

FALL PROTECTION SYSTEMS

Covers

- All covers shall be secured to prevent accidental displacement.
- Covers shall be color-coded or bear the markings “HOLE” or “COVER”.
- Covers located in roadways shall be able to support twice the axle load of the largest vehicle that might cross them.
- Covers shall be able to support twice the weight of employees, equipment, and materials that might cross them.

Guardrail Systems

Guardrail systems shall be erected at unprotected edges, ramps, runways, or holes where it is determined by responsible Person that erecting such systems will not cause an increased hazard to employees. The following specifications will be followed in the erection of guardrail systems. Top rails shall be:

- At least ¼ inch in diameter (steel or plastic banding is unacceptable);
- Flagged every six (6) feet or less with a high visibility material if wire rope is used;
- Inspected by Responsible Person as frequently as necessary to ensure strength and stability;
- Forty-two (42) inches (plus or minus three (3) inches) above the walking/working level; and

- Adjusted to accommodate the height of stilts, if they are in use.

Midrails, screens, mesh, intermediate vertical members, and solid panels shall be erected in accordance with the MIOSHA Fall Protection Standard. Gates or removable guardrail sections shall be placed across openings of hoisting areas or holes when they are not in use to prevent access.

Personal Fall Arrest Systems

Personal fall arrest systems shall be issued to and used by employees as determined by Responsible Person and may consist of anchorage, connectors, body harness, deceleration device, lifeline, or suitable combinations. Personal fall arrest systems shall:

- Limit the maximum arresting force to 1800 pounds;
- Be rigged so an employee cannot free fall more than six (6) feet or contact any lower level;
- Bring an employee to a complete stop and limit the maximum deceleration distance traveled to three and a half (3 ½) feet;
- Be strong enough to withstand twice the potential impact energy of an employee free falling six (6) feet (or the free fall distance permitted by the system, whichever is less);
- Be inspected prior to each use for damage and deterioration; and
- Be removed from service if any damaged components are detected.

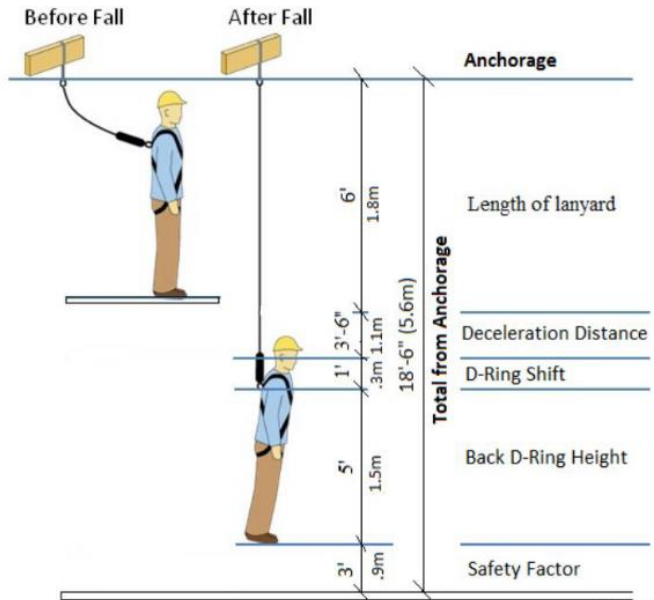
All components of a fall arrest system shall meet the specifications of the MIOSHA Fall Protection Standard, and shall be used in accordance with the manufacturer's instructions.

- The use of non-locking snap hooks is prohibited.
- Dee-rings and locking snap hooks shall: have a minimum tensile strength of 5000 pounds; and Be proof-tested to a minimum tensile load of 3600 pounds without cracking, breaking, or suffering permanent deformation.

- Lifelines shall be: designed, installed, and used under the supervision of Responsible Person; protected against cuts and abrasions; and Equipped with horizontal lifeline connection devices capable of locking in both directions on the lifeline when used on suspended scaffolds or similar work platforms that have horizontal lifelines that may become vertical lifelines.
- Self-retracting lifelines and lanyards must have ropes and straps (webbing) made of synthetic fibers, and shall: sustain a minimum tensile load of 3600 pounds if they automatically limit free fall distance to two (2) feet; or Sustain a minimum tensile load of 5000 pounds (includes rip stitch, tearing, and deforming lanyards).
- Anchorages must support at least 5000 pounds per person attached and shall be: designed, installed, and used under the supervision of Responsible Person; capable of supporting twice the weight expected to be imposed on it; and Independent of any anchorage used to support or suspend platforms.

Fall Clearance

The total fall clearance distance can be calculated by adding all of the below values together.



Courtesy of OSHA

Positioning Device Systems

Body belt or body harness systems shall be set up so that an employee can free fall no farther than two (2) feet, and shall be secured to an anchorage capable of supporting twice the potential impact load or 3000 pounds, whichever is greater. Requirements for snap hooks, dee-rings, and other connectors are the same as detailed in this Program under Personal Fall Arrest Systems.

Safety Monitoring Systems

In situations when no other fall protection has been implemented, Site Superintendent shall monitor the safety of employees in these work areas. The Site Superintendent shall be:

- Competent in the recognition of fall hazards;
- Capable of warning workers of fall hazard dangers;
- Operating on the same walking/working surfaces as the employees and able to see them;
- Close enough to work operations to communicate orally with employees; and
- Free of other job duties that might distract them from the monitoring function.

No employees other than those engaged in the work being performed under the Safety Monitoring System shall be allowed in the area. All employees under a Safety Monitoring System are required to promptly comply with the fall hazard warnings of the Responsible Person(s).

Safety Net Systems

Safety net systems must be installed no more than 30 feet below the walking/working surface with sufficient clearance to prevent contact with

the surface below, and shall be installed with sufficient vertical and horizontal distances as described in the MIOSHA Fall Protection Standard.

All nets shall be inspected at least once a week for wear, damage, or deterioration by Responsible Person. Defective nets shall be removed from use and replaced with acceptable nets. All nets shall be in compliance with mesh, mesh crossing, border rope, and connection specifications as described in the MIOSHA Fall Protection Standard. When nets are used on bridges, the potential fall area from the walking/working surface shall remain unobstructed. Objects that have fallen into safety nets shall be removed as soon as possible and at least before the next working shift.

Warning Line Systems

Warning line systems consisting of supporting stanchions and ropes, wires, or chains shall be erected around all sides of roof work areas.

- Lines shall be flagged at no more than six (6) foot intervals with high-visibility materials.
- The lowest point of the line (including sag) shall be between 34 and 39 inches from the walking/working surface.
- Stanchions of warning line systems shall be capable of resisting at least 16 pounds of force.
- Ropes, wires, or chains must have a minimum tensile strength of 500 pounds.
- Warning line systems shall be erected at least six (6) feet from the edge, except in areas where mechanical equipment is in use. When mechanical equipment is in use, warning line systems shall be erected at least six (6) feet from the parallel edge, and at least ten (10) feet from the perpendicular edge.

TASKS AND WORK AREAS REQUIRING FALL PROTECTION

Unless otherwise specified, Site Superintendent shall evaluate the worksite(s) and determine the specific type(s) of fall protection to be used in the following situations.

Scaffolds

All scaffolds erected or dismantled by employees will be supported scaffolds.

Construction of Scaffolds

In general, all supported scaffolds must be capable of supporting 4 times their rated load. All job built or non-prefabricated scaffolds will be designed by a licensed professional engineer, and be built in accordance with the design. Planking will consist of specifically designed hook on platforms or scaffold grade lumber. Lumber planking will extend over the end support at least 6 inches, but not less than 12 inches. Don't coat or cover the surfaces of planking so as to obscure the surface from inspection. All working levels of scaffolds will be fully planked, unless the work being done or safety considerations preclude it. Any time a scaffold's working level cannot be fully planked, personal fall arrest systems must be worn.

Scaffold components made by different manufacturers will not be mixed together on a single scaffold, unless specifically designed to be interchangeable. Do not physically modify any scaffold components. All scaffold platforms and walkways will be at least 18 inches wide and have guard rails on all sides, unless the work being done or safety considerations preclude it. Personal fall arrest systems must be used when guard rails are not present. Scaffolds higher than 4 base widths must be kept from tipping by using guide wires, or attaching to a permanent structure. If outriggers are used, they count as part of the scaffold base. Vertically, guide wires or attachments will be placed at the 4 width height, and every 20 feet above, to at least 4 widths distance from the top of the

scaffold. Horizontally, guide wires or attachments will be placed every 30 feet or less. The base of a scaffold will be on a level, rigid surface capable of supporting the weight of the scaffold and its work load, without settling or moving. Unstable objects will not be used as, or to support, a scaffold base or work platform. All legs will be placed on and secured to mud sills or other weight distribution materials.

Mobile scaffolds will be locked or otherwise secured from moving while occupied. Do not move a mobile scaffold while occupied. Overhead clearance from power lines or other possible safety hazards must be checked before moving a mobile scaffold. Fork lifts, front loaders, or other heavy equipment will not be used as, or to support, a scaffold unless specifically designed for it.

Erecting, Moving and Dismantling Scaffolds

All scaffold erecting and dismantling activities will be done under the direct supervision of a lead person that has completed the training outlined in this program and has the responsibility and knowledge to take prompt corrective action to eliminate hazards. All workers erecting, moving or dismantling a scaffold will be experienced and trained in these activities, and protected from falling hazards. This protection will be the best feasible or practical as determined by the lead person in charge of the procedure. Standard scaffold access methods will be added to the scaffold as soon as safely possible during the erection process. Diagonal cross bracing will not be used to support workers or as access to the scaffold.

The existing platform where the erectors/dismantlers are working from, will be left in place and fully planked until the next level of vertical posts are placed, braced and fully platformed. Vertical cross bracing will be installed in both directions on both sides of the scaffold, so as to form an "X". Cross bracing will be installed as often as possible and in sufficient amount to insure the structural integrity of the scaffold. Mobile scaffolds will use horizontal diagonal bracing as needed to insure structural integrity. If portable ladders are used to access working levels of a scaffold, they will be secured from moving by tying at the top

and bottom of the ladder. Ladders, hand holds or railings will extend at least 36 inches above the landing where the worker gets off of the ladder or stairs.

Integrated prefabricated scaffold access frames (i.e., the vertical scaffold ends designed to be used as a ladder to climb the scaffold) can act as the access to the working levels of a scaffold as long as the ladder rungs are lined up on the same vertical line, and rest platforms are supplied every 35 feet.

Use of Scaffolds

All scaffolds will be inspected by the lead worker before each work shift, and after any incident that could affect the structural integrity of the scaffold. Any scaffold that has been weakened or damaged will be repaired or replaced before any workers are allowed to use it.

Do not load scaffolds with loads beyond their capacity to hold safely. Always keep scaffolds a safe working distance from power lines (at least 10 feet. Safe working distances do not apply to situations where a scaffold is being used for work being performed on electrical lines, but this work will be done by certified electricians only. Keep scaffolds clean of debris, excessive amounts of materials or tools, ice, snow, or other slippery materials. Do not allow workers on scaffolds during bad weather or high winds. Do not use lean-to scaffolds. Do not use ladders, or other similar devices, on scaffolds to increase the working level height of employees. Vertical cross bracing will not be used as a ladder, or to access the working levels of the scaffold. Use control or tag lines to control swinging loads of materials or equipment being lifted to a scaffold with an overhead cable or rope. Scaffolds must be fully grounded when electric welding is being done on the scaffold. This grounding must also include possible current pathways through structures the scaffolds are attached to, and any current pathways created through cables or other material/equipment hoisting operations.

Fall Protection on Scaffolds

Unless specifically exempted by this program, all workers must be protected from falling hazards anytime they work on a scaffold higher than one

flight/level. Standard fall protection on any scaffold will consist of a guardrail system with a top rail capable of supporting and protecting a weight of at least 200 lb., a midrail, and toeboards. If using a guard rail system is not practical, or would create an increased safety hazard, a personal fall arrest system (body harness and lanyard) may be used to protect employees from falling hazards. The use of personal fall arrest systems will be restricted to the specific areas of the scaffold where guard rails cannot be used, and guard rails will be used in all other areas. Body harnesses will not be attached to the scaffold structure, or vertical or horizontal lifeline. Vertical lifelines will be secured to a fixed safe point of anchorage independent of the scaffold (e.g., a building or other structure) and protected from sharp edges and abrasion. Horizontal lifelines will be secured to two separate points of the scaffold. Guard rail systems will be installed on all open sides of the scaffold. Vertical cross bracing may be used as a top rail only when the center crossing point of the two braces is 38-48 inches above the working surface.

Ladders and Stairs

Fixed Ladders

All fixed ladders will be constructed and maintained as prescribed in the ANSI Standard A14.4, and the MIOSHA Ladder Standards. All fixed ladders longer than 20 feet will be constructed with the required cages, wells, ladder safety devices, or self-retracting life lines. Ladders longer than 20 feet, that are not equipped with a ladder safety device or self-retracting lifeline, will have a landing at least every 30 feet. Fixed ladders will be inspected periodically, and before use, for corrosion, wear, and broken parts. If a defect is found on a fixed ladder, it will be tagged “do not use”, marked so the defect is easily identified, or blocked from use and access until repaired to a serviceable condition.

Portable Ladders

All portable ladders will conform to the applicable ANSI standard, and this will be marked on each ladder. All portable ladders will be inspected daily, when

used. The daily inspection will include, but not be limited to: rungs or steps, side rails, guides or spreaders, and locking devices. If any part of the ladder is damaged or unserviceable, then it will be tagged “Dangerous - Do Not Use”, and repaired or destroyed. Ladders will not be painted or otherwise defaced so that defects in the ladder would be covered.

Permanent Stairs.

All stairs built as a permanent part of a structure will be constructed and maintained as prescribed by the governing local building codes, and the MIOSHA Construction Standard, to include railings and hand rails.

Temporary Stairs.

All stairs built as temporary structures on a construction site will be constructed and maintained as prescribed in the MIOSHA Construction Standard, to include tread depth, riser height, stairway angle, doors, gates or landings, hand rails and guard rails, and will be dismantled when construction work is completed.

Aerial Lifts

All employees required to operate an aerial lift must be medically screened, trained and licensed to operate the aerial lift to be used. Aerial lift training will be conducted by a trainer recognized by MIOSHA as being qualified to conduct aerial lift training. Once training has been completed, a perspective aerial lift operator must pass a test confirming their knowledge. Once the test has been passed and proof sent to Safety Manager, he/she will issue the employee a license to operate aerial lifts. Employees will be retrained when there are changes in the work site effecting work procedures or equipment covered by this program, or when they cannot demonstrate adequate knowledge in the relevant topics of this program.

Framework and Reinforcing Steel

Fall protection will be provided when an employee is climbing or moving at a height of over 24 feet when working with rebar assemblies.

Hoist Areas

Guardrail systems or personal fall arrest systems will be used in hoist areas when an employee may fall six (6) feet or more. If guardrail systems must be removed for hoisting, employees are required to use personal fall arrest systems.

Holes

Covers or guardrail systems shall be erected around holes (including skylights) that are six (6) feet or more above lower levels. If covers or guardrail systems must be removed, employees are required to use personal fall arrest systems.

Leading Edges

Guardrail systems, safety net systems, or personal fall arrest systems shall be used when employees are constructing a leading edge that is six (6) feet or more above lower levels. An alternative Fall Protection Plan shall be used if Responsible Person(s) determines that the implementation of conventional fall protection systems is infeasible or creates a greater hazard to employees. All alternative Fall Protection Plans for work on leading edges shall:

- Be written specific to the particular jobsite needs;
- Include explanation of how conventional fall protection is infeasible or creates a greater hazard to employees;
- Explain what alternative fall protection will be used for each task;
- Be maintained in writing at the jobsite by Responsible Person; and
- Meet the requirements of 29 CFR 1926.502(k).

Overhand Bricklaying and Related Work

Guardrail systems, safety net systems, personal fall arrest systems, or controlled access zones shall be provided to employees engaged in overhead bricklaying or related work six (6) feet or more above the lower level. All employees reaching more than ten (10) inches below the walking/working surface shall be protected by guardrail systems, safety net systems, or personal fall arrest systems.

Precast Concrete Erection

Guardrail systems, safety net systems, or personal fall arrest systems shall be provided to employees working six (6) feet or more above the lower level while erecting or grouting precast concrete members. An alternative Fall Protection Plan shall be used if Site Superintendent determines that the implementation of conventional fall protection systems is infeasible or creates a greater hazard to employees. All alternative Fall Protection Plans for precast concrete erection shall:

- Be written specific to the particular jobsite needs;
- Include explanation of how conventional fall protection is infeasible or creates a greater hazard to employees;
- Explain what alternative fall protection will be used for each task;
- Be maintained in writing at the jobsite by Responsible Person; and
- Meet the requirements of 29 CFR 1926.502(k).

Roofing

Low-Slope Roofs

Fall protection shall be provided to employees engaged in roofing activities on low-slope roofs with unprotected sides and edges six (6) feet or more above lower levels. The type(s) of fall protection needed shall be determined by Site Superintendent, and may consist of guardrail systems, safety net systems,

personal fall arrest systems, or a combination of a warning line system and safety net system, warning line system and personal fall arrest system, or warning line system and safety monitoring system. On roofs 50 feet or less in width, the use of a safety monitoring system without a warning line system is permitted.

Steep Roofs

Guardrail systems with toeboards, safety net systems, or personal fall arrest systems will be provided to employees working on a steep roof with unprotected sides and edges six (6) feet or more above lower levels, as determined by Site Superintendent.

Wall Openings

Guardrail systems, safety net systems, or a personal fall arrest system will be provided to employees working on, at, above, or near wall openings when the outside bottom edge of the wall opening is six (6) feet or more above lower levels and the inside bottom edge of the wall opening is less than 39 inches above the walking/working surface. The type of fall protection to be used will be determined by Site Superintendent.

Ramps, Runways, and Other Walkways

Employees using ramps, runways, and other walkways six (6) feet or more above the lower level shall be protected by guardrail systems.

PROTECTION FROM FALLING OBJECTS

When guardrail systems are in use, the openings shall be small enough to prevent potential passage of falling objects. The following procedures must be followed by all employees to prevent hazards associated with falling objects.

- No materials (except masonry and mortar) shall be stored within four (4) feet of working edges.
- Excess debris shall be removed regularly to keep work areas clear.
- During roofing work, materials and equipment shall be stored no less than six (6) feet from the roof edge unless guardrails are erected at the edge.
- Stacked materials must be stable and self-supporting.
- Canopies shall be strong enough to prevent penetration by falling objects.
- Toeboards erected along the edges of overhead walking/working surfaces shall be:
 - capable of withstanding a force of at least 50 pounds; and
 - Solid with a minimum of three and a half (3 ½) inches tall and no more than one quarter (1/4) inch clearance above the walking/working surface.
- Equipment shall not be piled higher than the toeboard unless sufficient paneling or screening has been erected above the toeboard.

ACCIDENT INVESTIGATIONS

All incidents that result in injury to workers, as well as near misses, regardless of their nature, shall be reported and investigated. Investigations shall be conducted by Site Superintendent and witness as soon after an incident as possible to identify the cause and means of prevention to eliminate the risk of reoccurrence.

In the event of such an incident, the Fall Protection Program (and alternative Fall Protection Plans, if in place) shall be reevaluated by Safety Manager and

Safety Committee to determine if additional practices, procedures, or training are necessary to prevent similar future incidents.

CHANGES TO THE PLAN

Any changes to the Fall Protection Program (and alternative Fall Protection Plans, if in place) shall be approved by Safety Manager and Safety Committee, and shall be reviewed by a qualified person as the job progresses to determine additional practices, procedures or training needs necessary to prevent fall injuries. Affected employees shall be notified of all procedure changes, and trained if necessary. A copy of this plan, and any additional alternative Fall Protection Plans, shall be maintained at the jobsite by Site Superintendent.

GLOSSARY

Anchorage: a secure point of attachment for lifelines, lanyards, or deceleration devices.

Aerial Lift: a mobile device used to elevate workers to job sites above the ground. It includes extension boom platforms, aerial ladders, articulating boom platforms, scissors lift platforms, vertical towers, or any combination of these.

Body belt: a strap with means both for securing it about the waist and for attaching it to a lanyard, lifeline, or deceleration device.

Body harness: straps that may be secured about the person in a manner that distributes the fall-arrest forces over at least the thighs, pelvis, waist, chest, and shoulders with a means for attaching the harness to other components of a personal fall arrest system.

Connector: A device that is used to couple (connect) parts of a personal fall arrest system or positioning device system together.

Controlled access zone: a work area designated and clearly marked in which certain types of work (such as overhand bricklaying) may take place without the

use of conventional fall protection systems (guardrail, personal arrest, or safety net) to protect the employees working in the zone.

Deceleration device: any mechanism, such as a rope, grab, rip stitch lanyard, specially-woven lanyard, tearing lanyard, deforming lanyard, or automatic self-retracting lifeline/lanyard, which serves to dissipate a substantial amount of energy during a fall arrest, or otherwise limits the energy imposed on an employee during fall arrest.

Deceleration distance: the additional vertical distance a falling person travels, excluding lifeline elongation and free fall distance, before stopping, from the point at which a deceleration device begins to operate.

Guardrail system: a barrier erected to prevent employees from falling to lower levels.

Hole: a void or gap two (2) inches (5.1 centimeters) or more in the least dimension in a floor, roof, or other walking/working surface.

Lanyard: a flexible line of rope, wire rope, or strap that generally has a connector at each end for connecting the body belt or body harness to a deceleration device, lifeline, or anchorage.

Leading edge: the edge of a floor, roof, or formwork for a floor or other walking/working surface (such as a deck) which changes location as additional floor, roof, decking, or formwork sections are placed, formed, or constructed.

Lifeline: a component consisting of a flexible line for connection to an anchorage at one end to hang vertically (vertical lifeline), or for connection to anchorages at both ends to stretch horizontally (horizontal lifeline), that serves as a means for connecting other components of a personal fall arrest system to an anchorage.

Low slope roof: a roof having a slope less than or equal to 4 in 12 (vertical to horizontal).

Opening: a gap or void 30 inches (76 centimeters) or more high and 18 inches (46 centimeters) or more wide, in a wall or partition through which employees can fall to a lower level.

Personal fall arrest system: a system including but not limited to an anchorage, connectors, and a body harness used to arrest an employee in a fall from a working level.

Positioning device system: a body belt or body harness system rigged to allow an employee to be supported on an elevated vertical surface, such as a wall, and work with both hands free while leaning backwards.

Rope grab: a deceleration device that travels on a lifeline and automatically, by friction, engages the lifeline and locks to arrest a fall.

Safety monitoring system: a safety system in which a competent person is responsible for recognizing and warning employees of fall hazards.

Self-retracting lifeline/lanyard: a deceleration device containing a drum-wound line which can be slowly extracted from, or retracted onto, the drum under minimal tension during normal employee movement and which, after onset of a fall, automatically locks the drum and arrests the fall.

Snap hook: a connector consisting of a hook-shaped member with a normally closed keeper, or a similar arrangement, which may be opened to permit the hook to receive an object and, when released automatically, closes to retain the object.

Steep roof: a roof having a slope greater than 4 in 12 (vertical to horizontal).

Toeboard: a low protective barrier that prevents material and equipment from falling to lower levels and which protects personnel from falling.

Unprotected sides and edges: any side or edge (except at entrances to points of access) of a walking/working surface (e.g., floor, roof, ramp, or runway) where there is no wall or guardrail system at least 39 inches (1 meter) high.

Basic Scaffold Check Guide

