Fall Protection Program

- If a Contractor will have personnel working at heights and/or exposed to fall hazards, a Fall Protection and Prevention Plan shall be developed and submitted to the GDA for review and acceptance as part of their Accident Prevention Plan (APP). Click the PDF to learn more.

- This plan may be developed by either the CP or QP. If the plan includes fall protection components or systems requiring direction, supervision, design calculations or drawings by a QP, the name, qualifications and responsibilities of the QP shall be addressed.

- It shall describe, in detail, the specific practices, equipment and control methods used to protect workers from falling to lower levels.

- This plan shall be updated as conditions change, at least every six months and shall include:
  
  a. Duties and responsibilities. Identify CPs and QPs and their responsibilities and qualifications;
  
  b. Description of the project or task performed;
  
  c. Training requirements to include safe use of fall protection equipment;
  
  d. Anticipated hazards and fall hazard prevention and control;
  
  e. Rescue plan and procedures;
  
  f. Design of anchorages/fall arrest and horizontal lifeline systems:
     
     (1) It is realized that the provision of fall protection for the first person up for establishing anchorages ONLY would be difficult. In this situation, fall protection may not be required. After anchorages are installed, fall protection is required.
Controlled Access Zones

- The use of Controlled Access Zone as a fall protection method is prohibited.

Fall Protection Systems

Standard Guardrail Systems

a. For marine and floating plant guardrail systems, see Sections 19.C, D and E.
b. A standard guardrail shall consist of:
   1) Toprails, midrails, and posts, and shall have a vertical height of 42 +/- 3 in (106.6 cm +/- 7.6 cm) from the upper surface of the toprail to the floor, platform, runway, or ramp level;
   2) Midrails shall be erected halfway between the toprails and the floor, platform, runway, or ramp;
   3) The ends of the toprails and midrails shall not overhang the terminal posts except where such overhang does not create a projection hazard;
   4) Toe-boards shall be provided on all open sides/ends at locations where persons are required or permitted to pass or work under the elevated platform or where needed to prevent persons and material from falling from the elevated platform.

c. Strength requirements: toprails and midrails shall be designed to meet the following requirements:
1) Toprail shall be capable of withstanding, without failure, a force of at least 200 lb (0.9 kN) applied within 2 in (5 cm) of the top edge, in any outward or downward direction, at any point along the top edge;

2) When the force described in (1), above, is applied in a downward direction, the top edge of the top rail shall not deflect more than 3 in (7.6 cm) nor to a height less than 39 in (99 cm) above the walking/working level;

3) Midrails, screens, mesh, intermediate vertical members, solid panels, and equivalent structural members shall be capable of withstanding, without failure, a force of at least 150 lb (666 N) applied in any downward or outward direction at any point along the midrail or other member;

4) Guardrail systems shall be so surfaced as to prevent injury to a worker from punctures or lacerations and to prevent snagging of clothing.