

CENTURY HOLDINGS



FALL PROTECTION PROGRAM

Purpose: The purpose of this program is to prevent employee injury that could result from falls from elevations, and to comply with OSHA Standard 1926.500 (Fall Protection).

Scope: This program applies to all CENTURY HOLDINGS and sub – contractor employees involved in work on any walking / working surface six (6) feet or more above a lower level.

Application: No employee shall be allowed to conduct work on any walking / working surface six (6) feet or more above a lower level unless they have been trained in the hazards of falls, and are protected by a properly installed fall protection system.

Note: This program does not apply to Ladders, Scaffolds, or Steel Erection since each have their own fall protection requirements.

Definitions:

Unprotected Side and Edges – any side or edge of a walking / working surface (floor, roof, ramp, bridges, formwork, concrete re-enforcing steel) on which employees must be located in order to perform their job duties.

Holes – any gap or void in a floor or walking / working surface that is 2 inches or more in its least dimension. This includes skylights or fiberglass roof panels that are not capable of supporting the load.

Personal Fall Arrest System – system used to arrest an employee in a fall from a working level. It consists of anchorage, connectors, a full body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these.

Walking Working Surface – any surface, whether horizontal or vertical on which an employee walks or works, including, but not limited to, floors, roofs, ramps, bridges, runways, formwork, or concrete reinforcing steel but not including ladders, vehicles, or trailers, on which employees must be located to perform their job duties.

Program:

Each jobsite will be evaluated for possible fall hazards by a competent person before work begins each day. Fall protection will be put in place before work begins.

Workers exposed to falls of more than 6 feet from:

1. Unprotected Sides and Edges of any walking surface must be protected by guardrails or personal fall arrest systems.
2. Formwork or reinforcing steel must be protected by guardrails, positioning device, personal fall arrest or safety nets.
3. Holes (gap or void in the walking working surface more than 2" in the least dimension) must be protected by covers, guardrails, or personal fall arrest systems.
4. Wall openings from which there is a drop of more than 6 feet and the bottom of the opening is less than 39 inches above the working surface must be guarded.
5. Roofing work (actual placing of roofing materials and not including roof deck) when a worker is not protected by parapet at least 39" high must have warning line system with safety monitor, guardrails, or Personal fall arrest system
6. Any other walking / working surface where workers can fall more than 6 feet to a lower surface.

Fall Protection Systems Criteria:

Employees shall be protected from falls by one of the following systems, or combination of these systems based upon requirements above.

- A. **Guardrail System:** Where feasible, guardrail systems using 2 x 4 lumber, 2 x 2 x 3/8 inch angle iron, 1 ½ inch schedule 40 pipe, or ¼ inch cable may be erected to provide employee protection from falls.
- 1) All systems shall consist of a top rail, positioned 42 inches (+/- 3 inches) above the walking / working surface, and shall be capable of supporting 200 pounds without failure.
 - 2) Midrails, having a capability of supporting 150 pounds without failure, shall be erected half way between the top rail and the walking / working surface.
 - 3) Toe boards, having the capacity of supporting 50 pounds shall be erected along the edge of the walking / working surface. Toe boards shall have a minimum height of 3 ½ inches.

Note: When cable is used for guardrail systems, the cable shall be tensioned so that it will not deflect below 39 inches when a 200 pound load is applied in any outward or downward direction. The midrail will be installed midway between floor and toprail. Additionally, it shall be marked every six (6) feet with a high visibility tape.

- B. **Safety Net Systems:** Safety nets must be provided when workplaces are more than 25 feet above the surface where the use of ladders, scaffolds, catch platforms, temporary floors, safety lines, or safety harnesses is impractical.

All components of a Personal Fall Arrest Systems shall be inspected by the user before use. All employees required to wear personal fall arrest harnesses shall be trained on proper donning procedures, proper inspection and use of harness, lifelines, and lanyards, and proper anchorage points required for use.

The Century Holdings Supervision shall monitor and approve all personal fall arrest systems to ensure compliance with OSHA Subpart M.

- E. **Site Specific Written Fall Protection:** Plans that provide alternatives to conventional fall protection listed above will not be used by Century Holdings.
- F. **Falling Object Protection:** When employees are exposed to falling objects one of the following must be implemented to prevent the hazards of struck by fall objects.
- 1) Erect toeboards, screens, or guardrails;
 - i. Toeboards must be a minimum of 1 x 4 nominal material
 - ii. Must be able to support 50 pounds of outward force.
 - iii. Must not have more than 1 inch space between boards.
 - 2) Erect a canopy structure;
 - 3) Barricade the area and prohibit employee entry.
- G. **Training and Certification:** All employees who, during the course of their work are exposed to a fall of 6 feet or more to a lower level, shall receive documented and certified training in:
- 1) The nature of fall hazards in the work area.
 - 2) The correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection system being used.
 - 3) The elements contained in the OSHA Fall Protection Program.
- Retraining shall be provided when employers believe the training had deficiencies, when work procedures are changed, site conditions change, or when fall protection equipment is modified.

Rescue:

When workers are required to wear personal fall arrest equipment, ladders, lifts, or other means shall be available to provide prompt rescue of fallen worker. Rescue procedures shall be in place before work begins.

Review:

In the event of a fall, or almost fall by a worker, Century Holdings management shall investigate the cause of the incident to ensure a non – repeat occurrence.