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This plan shall describe, in detail, the specific practices, equipment, and methods used to protect a worker from falling from a height of 6 feet or greater, or when working from any height over an impalement hazard. The plan shall be updated as conditions change. Refer to Chapter 21 FALL PROTECTION in the EM 385-1-1 while preparing the plan.

Contract Number, Title, and Area Location

Prime Contractor

Subcontractor

Plan Preparer Name, Title, and Company

A. Identify the Competent Person, Their Responsibilities and Qualifications

A Competent Person in Fall Protection is defined in Appendix Q of EM 385-1-1 as "a person designated in writing by the employer to be responsible for the immediate supervision, implementation and monitoring of the fall protection program, who through training, knowledge and experience in fall protection and rescue systems and equipment, is capable of identifying, evaluating and addressing existing and potential fall hazards and, who has the authority to take prompt corrective measures with regard to such hazards."

Competent Person Name:

Qualifications:

Alternate Competent Person Name:

Qualifications:

B. Description of the Project or Tasks to be Performed

C. Design of Anchorages/Fall Arrest/Restraint/HLL Systems

1. It is recognized that the provision for fall protection is difficult for the first person up for establishing anchorages. In this situation, fall protection may not be required, but this exception applies ONLY to the individual installing anchorage points, and only while actively engaged in that activity. After anchorages are installed, fall protection is required for all personnel at risk.
2. Explain in detail how the work will be performed safely and what fall protection equipment will be used, including the make/model of all connector and anchor devices. Attach the corresponding anchor and connector specifications/manual to this plan.
3. Identify all locations where anchorages need to be established. The maximum angle of swing away from the tie-off point should be no greater than 15 degrees. Attach a layout/drawing/sketch with this plan identifying projected locations of the anchorages.
4. ***Horizontal Lifeline Systems***
 - a. Attach the corresponding HLL specifications/manual to this plan.
 - b. A site specific detail for the HLL anchorage system (a combination of anchorage and anchorage connector) must be designed by a Qualified Person (registered engineer). Attach the Qualified Person's stamped and signed design and directions for the implementation of the anchorage system to this plan.

Qualified Person Name:

State of Registration:

Registration Number:

D. Rescue Plan and Procedures

The contractor must have a plan to self-perform the rescue of a fallen worker without relying on Base Emergency's assistance. However, Base Emergency must still be contacted in the event of a fall. After retrieving a suspended fall victim, leave their harness on (loosening it is an option) and keep them in a seated position until they are attended to by medical professionals.

BASE EMERGENCY PHONE #:

E. Inspection, Maintenance, and Storage Procedures of Fall Protection Equipment

1. Fall protection equipment, including anchorage systems, shall be inspected by the end user prior to each use. Any component of the system with significant defects (i.e.: cuts, tears, abrasion, mold, undue stretching, alteration or additions, which will affect its efficiency, and damage due to deterioration, contact with acids, fire, or corrosives, distorted hooks or faulty springs, tongues unfitted to the shoulder buckles, loose or damaged mountings, nonfunctional parts or any wearing or internal deterioration of the ropes) must be taken out of service immediately and should be tagged or marked as unusable and destroyed.
2. A competent person for fall protection shall inspect the equipment at least once semi-annually and whenever equipment is subjected to a fall or impact. The competent person's inspection shall be documented.
3. Fall protection equipment shall be inspected, stored, and maintained in accordance with the manufacturer's specifications.

F. Incident Investigation Procedures

G. Evaluation of Plan Effectiveness and Inspection/Oversight Methods Employed

List the procedures in place to audit and evaluate the Site-Specific Fall Protection and Prevention Plan (SSFPPP) effectiveness.

H. Additional Comments/Notes

