

D & M Painting
© 2014 FALL PROTECTION SAFETY PLAN

D & M Painting
1759 North Batavia Street
Orange, CA 92865

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FALL PROTECTION SAFETY PLAN

1. FALL PROTECTION SAFETY PLAN

1. D & M Painting will take all practical measures possible to prevent employees from being injured by falls from heights.
2. D & M Painting will take all necessary steps to eliminate, prevent, and control fall hazards.
3. D & M Painting will comply fully with the OSHA Fall Protection standard (CFR 1926, Subpart M, Fall Protection).
4. This plan will follow the OSHA standard for potential falls from heights of 6 feet and more. First consideration will be given to the elimination of fall hazards.
5. If a fall hazard cannot be eliminated, effective fall protection will be planned, implemented, and monitored to control the risks of injury due to falling.
6. All personnel exposed to potential falls from heights will be trained to minimize their exposures.
7. Fall protection equipment will be provided and used by all employees.
8. D & M Painting's Safety and Health Managers will be responsible for implementation of a fall protection safety plan for each job site.

2. FALL HAZARDS IDENTIFICATION AND EVALUATION

1. D & M Painting's Safety and Health Manager and/or Foreman on each job site will be responsible for identifying fall hazards on their job site.

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2. D & M Painting's Safety and Health Manager and/or Foreman will evaluate each situation or work procedure where employees will be exposed to a fall of 6 feet or more.
3. D & M Painting's Safety and Health Manager and/or Foreman will be responsible for developing a plan to eliminate the exposures, if possible, or to select the appropriate fall protection systems and/or equipment.

3. EXAMPLES OF SITUATIONS REQUIRING FALL PROTECTION

The following are examples of situations where fall protection would be required. This listing is not complete, and there are many other situations where a fall of 6 feet or more is possible. It will be noted that ladders and scaffolding are not included in this list. They are covered by other OSHA standards and other requirements of D & M Painting's safety program.

1. Wall Openings:

Any employee working near a wall opening (including those with chutes attached) where the outside bottom edge of the wall opening is 6 feet or more from a lower level, or the wall opening is less than 39 inches (1.0 meter) above the walking/working surface below, D & M Painting will be protected from falling by the use of a guardrail system, a safety net system, or a personal fall arrest system.

2. Holes:

Personal fall arrest systems, covers, or guardrail systems will be erected around holes (including skylights) that are more than 6 feet above lower levels.

3. Leading Edges:

Each employee who is constructing a leading edge 6 feet or more above lower levels will be protected by guardrail systems, safety net systems, or personal fall arrest systems.

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4. Excavations:

- a. Each employee at the edge of an excavation 6 feet or more deep will be protected from falling by guardrail systems, fences, barricades, or covers.
- b. Where walkways are provided to permit employees to cross over excavations, guardrails are required on the walkway if it is 6 feet or more above the excavation.

5. Form-work and Reinforcing Steel:

- a. For employees, while moving vertically and/or horizontally on the vertical face of reinforcing bar (rebar) assemblies built in place, fall protection is not required when employees are moving. OSHA considers the multiple hand holds and foot holds on rebar assemblies as providing similar protection as that provided by a fixed ladder.
- b. Consequently, no fall protection is necessary while moving point to point for heights below 24 feet.
- c. An employee will be provided with fall protection when climbing or otherwise moving at a height more than 24 feet, the same as for fixed ladders.

6. Hoist Areas:

- a. Each employee of D & M Painting in a hoist area will be protected from falling 6 feet or more by guardrail systems or personal fall arrest systems.
- b. If guardrail systems (chain gate or guardrail) or portions thereof will be removed to facilitate hoisting operations, as during the landing of materials, and an employee will lean through the access opening or out over the edge of the access opening to receive or guide equipment and materials, that employee will be protected by a personal fall arrest system.

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7. Overhand Bricklaying and Related Work:

- a. Each employee of D & M Painting performing overhand bricklaying and related work 6 feet or more above lower levels will be protected by guardrail systems, safety net systems, or personal fall arrest systems, or will work in a controlled access zone.
- b. All employees reaching more than 10 inches (25 cm) below the level of a walking/working surface on which they are working will be protected by a guardrail system, safety net system, or personal fall arrest system.

8. Pre-Cast Concrete Erection and Residential Construction:

Each employee of D & M Painting, who is 6 feet or more above lower levels while erecting pre-cast concrete members and related operations such as grouting of pre-cast concrete members and each employee engaged in residential construction, will be protected by guardrail systems, safety net systems, or personal fall arrest systems.

9. Ramps, Runways, and Other Walkways:

Each employee of D & M Painting using ramps, runways, and other walkways will be protected from falling 6 feet or more by guardrail systems.

10. Low-slope Roofs:

- a. Each employee of D & M Painting engaged in roofing activities on low-slope roofs with unprotected sides and edges 6 feet or more above lower levels will be protected from falling by guardrail systems.
- b. D & M Painting will use safety net systems, personal fall arrest systems or a combination of a warning line system and guardrail system, warning line system and safety net system, warning line system and personal fall arrest system, or warning line system and safety monitoring system.

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- c. On roofs 50 feet or less in width, the use of a safety monitoring systems without a warning line system is permitted.

11. **Steep Roofs:**

Each employee of D & M Painting on a steep roof with unprotected sides and edges 6 feet or more above lower levels will be protected by guardrail systems with toe boards, safety net systems, or personal fall arrest systems.

12. **Controlled Access Zones:**

1. Controlled access zone is a work area designated and clearly marked in which certain types of work (such as overhand bricklaying) will take place without the use of conventional fall protection systems—guardrail, personal arrest or safety net—to protect the employees working in the zone.
2. Controlled access zones are used to keep out employees other than those authorized to enter work areas from which guardrails have been removed. Where there are no guardrails, masons are the only employees allowed in controlled access zones.
3. Controlled access zones, when created to limit entrance to areas where leading edge work and other operations are taking place, will be defined by a control line or by any other means that restrict access.
4. Control lines will consist of ropes, wires, tapes or equivalent materials, and supporting stanchions, and each will be:
 - a. Flagged or otherwise clearly marked at not more than 6-foot intervals with a high-visibility material.
 - b. Rigged and supported in such a way that the lowest point (including sag) is not less than 39 inches from the walking/working surface and the highest point is not more than 45 inches --or more than 50 inches when overhand bricklaying operations are being performed.

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- c. Strong enough to sustain stress of not less than 200. Control lines will extend along the entire length of the unprotected or leading edge and will be approximately parallel to the unprotected or leading edge.
 - d. Control lines will be connected on each side to a guardrail system or wall.
- 5. When control lines are used, they will be erected not less than 6 feet nor more than 25 feet from the unprotected or leading edge, except when pre cast concrete members are being erected. In the latter case, the control line is to be erected not less than 6 feet or more than 60 feet or half the length of the member being erected, whichever is less, from the leading edge.
- 6. Controlled access zones when used to determine access to areas where overhand bricklaying and related work are taking place are to be defined by a control line erected not less than 10 feet or more than 15 feet from the working edge.
- 7. Additional control lines will be erected at each end to enclose the controlled access zone.
- 8. Only employees engaged in overhand bricklaying or related work is permitted in the controlled access zones.
- 9. On floors and roofs where guardrail systems are not in place prior to the beginning of overhand bricklaying operations, controlled access zones will be enlarged as necessary to enclose all points of access, material handling areas, and storage areas.
- 10. On floors and roofs where guardrail systems are in place, but need to be removed to allow overhand bricklaying work or leading edge work to take place, only that portion of the guardrail necessary to accomplish that day's work will be removed.

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4. GUARDRAIL SAFETY SYSTEMS

When there is a potential fall of 6 feet or more, D & M Painting will utilize one or more of the following means of providing protection:

1. Top rails and mid rails of guardrail systems will be at least one-quarter inch nominal diameter or thickness to prevent cuts and lacerations.
2. If wire rope is used for top rails, it will be flagged at not more 6 feet intervals with a high-visibility material.
3. Steel and plastic banding will not be used as top rails or mid rails.
4. Manila, plastic, or synthetic rope used for top rails or mid rails will be inspected as frequently as necessary to ensure strength and stability.
5. The top edge height of top rails, or (equivalent) guardrails will be 42 inches plus or minus 3 inches, above the walking/working level.
6. When D & M Painting's employees are using stilts, the top edge height of the top rail, or equivalent member, will be increased an amount equal to the height of the stilts.
7. Screens, mid rails, mesh, intermediate vertical members, or equivalent intermediate structural members will be installed between the top edge of the guardrail system and the walking/working surface when there are no walls or parapet walls at least 21 inches high.
8. When mid rails are used, they will be installed at a height midway between the top edge of the guardrail system and the walking/working level.
9. When screens and mesh are used, they will extend from the top rail to the walking/working level and along the entire opening between top rail supports. Intermediate members, such as balusters, when used between posts, will not be more than 19 inches apart.

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10. Other structural members, such as additional mid rails and architectural panels, will be installed so that there are no openings in the guardrail system more than 19 inches.
11. The guardrail system will be capable of withstanding a force of at least 200 pounds applied within 2 inches of the top edge in any outward or downward direction.
12. When the 200-pound test is applied in a downward direction, the top edge of the guardrail will not deflect to a height less than 39 inches above the walking/working level.
13. Mid rails, screens, mesh, intermediate vertical members, solid panels, and equivalent structural members will be capable of withstanding a force of at least 150 pounds applied in any downward or outward direction at any point along the mid rail or other member.
14. Guardrail systems will be surfaced to protect employees from punctures or lacerations and to prevent clothing from snagging.
15. The ends of top rails and mid rails will not overhang terminal posts, except where such overhang does not constitute a projection hazard.
16. When guardrail systems are used at hoisting areas, a chain, gate or removable guardrail section will be placed across the access opening between guardrail sections when hoisting operations are not taking place.
17. At holes, guardrail systems will be set up on all unprotected sides or edges. When holes are used for the passage of materials, the hole will have not more than two sides with removable guardrail sections.
18. When the hole is not in use, it will be covered or provided with guardrails along all unprotected sides or edges.
19. If guardrail systems are used around holes that are used as access points (such as ladder ways), gates will be used or the point of access will be offset to prevent accidental walking into the hole.

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20. If guardrails are used at unprotected sides or edges of ramps and runways, they will be erected on each unprotected side or edge.

5. PERSONAL FALL ARREST_GUARDRAIL SAFETY SYSTEMS

1. D & M Painting's personal fall arrest systems will consist of an anchorage, connectors, and a body belt or body harness and will include a deceleration device, lifeline, or suitable combinations.
2. If a personal fall arrest system is used for fall protection, it will limit maximum arresting force on an employee to 900 pounds when used with a body belt
3. Limit maximum arresting force on an employee to 1,800 pounds when used with a body harness
4. Be rigged so that an employee can neither free fall more than 6 feet nor contact any lower level
5. Bring an employee to a complete stop and limit maximum deceleration distance an employee travels to 3.5 feet
6. Have sufficient strength to withstand twice the potential impact energy of an employee that will result in a free fall distance of 6 feet or the free fall distance permitted by the system, whichever is less.
7. **The use of body belts for fall arrest is prohibited** and a full body harness is required. Personal fall arrest systems will be inspected prior to each use for wear damage, and other deterioration.
8. Defective components will be removed from service.

6. POSITIONING DEVICE_SAFETY SYSTEMS

1. These body belt or body harness systems are to be set up so that D & M Painting's employees can free fall no farther than 2 feet.

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2. They will be secured to an anchorage capable of supporting a least twice the potential impact load of an employee's fall or 3,000 pounds, whichever is greater.

7. SAFETY MONITORING SAFETY SYSTEMS

1. When no other alternative fall protection has been implemented, D & M Painting will implement a safety monitoring system.
2. D & M Painting will appoint a competent person to monitor the safety of employees and will ensure that the safety monitor:
 - a. Will be competent in the recognition of fall hazards.
 - b. Will be capable of warning employees of fall hazard dangers and in detecting unsafe work practices.
3. The employee operating on the same walking/working surfaces of the another employee and the employee is close enough to the work operations to communicate orally and has no other duties to distract them from the monitoring function, D & M Painting will use the safety monitoring system.
4. Mechanical equipment will not be used or stored in areas where safety-monitoring systems are being used to monitor employees engaged in roofing operations on low-sloped roofs.
5. No employee, other than one engaged in roofing work (on low-sloped roofs) or one covered by a fall protection safety plan, will be allowed in an area where an employee is being protected by a safety monitoring system.
6. All employees in a controlled access zone will be instructed to promptly comply with fall hazard warnings issued by safety monitors.

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8. SAFETY NET SAFETY SYSTEMS

1. Safety nets will be installed as close as practicable under the walking/working surface on which D & M Painting's employees are working and never more than 30 feet (9.1 meters) below such levels.
2. Defective nets will not be used. Safety nets will be inspected at least once a week for wear, damage, and other deterioration.
3. Safety nets will be installed with sufficient clearance underneath to prevent contact with the surface or structure below.
4. Items that have fallen into safety nets including—but not restricted to, materials, scrap, equipment, and tools—will be removed as soon as possible and at least before the next work shift.

9. WARNING LINE SAFETY SYSTEMS

D & M Painting's warning line systems will consist of ropes, wires, or chains, and supporting stanchions and is set up as follows:

1. Flagged at not more than 6-foot intervals with a high-visibility material.
2. Rigged and supported so that the lowest point including sag) is no less than 34 inches from the walking/working surface and its highest point is no more than 39 inches from the walking/working surface.
3. Stanchions, after being rigged with warning lines, will be capable of resisting, without tipping over, a force of at least 16 pounds applied horizontally against the stanchion, 30 inches above the walking/working surface, perpendicular to the warning line and in the direction of the floor, roof, or platform edge.
4. The rope, wire, or chain will have a minimum tensile strength of 500 pounds and after being attached to the stanchions, will support without breaking the load applied to the stanchions as prescribed above.

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5. Will be attached to each stanchion in such a way that pulling on one section of the line between stanchions will not result in slack being taken up in the adjacent section before the stanchion tips over.
6. Warning lines will be erected around all sides of roof work areas. When mechanical equipment is being used, the warning line will be erected not less than 6 feet from the roof edge parallel to the direction of mechanical equipment operation, and not less than 10 feet from the roof edge perpendicular to the direction of mechanical equipment operation.
7. When mechanical equipment is not being used, the warning line will be erected not less than 6 feet from the roof edge.

10. COVER SYSTEMS SAFETY SYSTEMS

1. Covers located in roadways and vehicular aisles will be able to support at least twice the maximum axle load of the largest vehicle to which the cover might be subjected.
2. All other covers will be able to support at least twice the weight of employees, equipment, and materials that will be imposed on the cover at any one time.
3. To prevent accidental displacement resulting from wind, equipment, or employees' activities, all covers will be secured.
4. All covers will be color-coded or bear the markings "**HOLE**" or "**COVER**."

11. PROTECTION FROM FALLING OBJECTS

1. When guardrail systems are used to prevent materials from falling from one level to another, any openings will be small enough to prevent passage of potential falling objects.
2. No materials or equipment except masonry and mortar will be stored within 6 feet of working edges.

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3. Excess mortar, broken or scattered masonry units, and all other materials and debris will be kept clear of the working area by removal at regular intervals.
4. During roofing work, materials and equipment will not be stored within 6 feet of a roof edge unless guardrails are erected at the edge, and materials piled, grouped, or stacked near a roof edge will be stable and self-supporting.

12. FALL PROTECTION SAFETY TRAINING

Employees will be trained in the following areas.

1. The nature of fall hazards in the work area.
2. The correct procedures for erecting, maintaining, disassembling, and inspecting fall protection systems.
3. The use and operation of controlled access zones and guardrail, personal fall arrest, safety net, warning line, and safety monitoring systems.
4. The role of each employee in the safety monitoring system when the system is in use.
5. The limitations on the use of mechanical equipment during the performance of roofing work on low-sloped roofs.
6. The correct procedures for equipment and materials handling and storage and the erection of overhead protection.
7. The employees' role in fall protection safety plans.

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SAFETY HARNESS INSPECTION REPORT

0 = YES - OK

X = NO – REPLACE

JOBSITE:	Date:
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Harness Make/ Model	MFG.'S SERIAL NUMBER	HARNESS WEBBING OR LEATHER	ALL STITCHING	RIVETS & EYELETS	D-RINGS, BUCKLES & TONGUE	BODY PAD (IF APPL.)	LAND YARDS	SAFETY LATCH / HOOK	CERTIFICA TION OR DATA TAG

Ensure Harness is COLOR-CODED with the appropriate tape marker

REVIEWED BY: _____

DATE: _____

SEND RESULTS TO:
D & M PAINTING'S SAFETY AND HEALTH MANAGER