



# Site Specific Fall Protection Plan Checklist

This document may be used to evaluate a site-specific fall protection plan and has been designed to ensure the safety of workers by facilitating general compliance with the OHS Regulation. It should not be considered an exhaustive list and further steps may be needed to ensure the safety of workers and compliance depending on the nature of the work to be done.

A site specific fall protection plan is required when work is being done at a location where workers are not protected by permanent guardrails, and from which a fall of 7.5 m (~25 ft) or more may occur; or if guardrails, fall restraint, or fall arrest are not practicable, or will result in a greater hazard.

Project \_\_\_\_\_  
Date \_\_\_\_\_

The plan must be available in the workplace before work with a risk of falling begins.

Contractor: \_\_\_\_\_  
(see Trade List for Project or Purchase Order)

Employer : \_\_\_\_\_  
(if different than Contractor – i.e. a subcontractor)

- The plan is specific to the workplace**  
At a minimum the plan must specify the project address and the work areas(s) where on the project the plan will be in effect.
- The plan is specific to the task(s) being done**  
It should be clear what fall protection system and procedure is to be used for each task.
- The fall hazards are clearly identified**  
The plan should not list all possible hazards, only those that apply to the task(s). Examples; sloped roof >4:12, building edge, wall opening > 12" horizontal / 20" vertical, work platform collapse/failure, impalement hazard below
- The fall protection method for each hazard is clearly identified**  
This should not be a reiteration of the fall protection hierarchy. It should be along the line of "When doing X task you will use Y method of fall protection" (e.g. in the swing stage, fall restraint with a vertical lifeline)

Notes: \_\_\_\_\_  
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**There is a procedure for...**

- Set-up**  
...how the Fall Protection System is set up; what type of anchors and anchorage are used, in what order are the components connected.  
The language and detail can be easily understood by the intended worker.
- Use**  
...how the system is to be used.  
(e.g. managing slack or mitigating swing fall)
- Take-down**  
...how the system will be disassembled while protecting the worker(s) from being exposed to another fall hazard
- Inspection of anchors and anchorage**  
...the frequency of inspection, and what to look for.
- Rescue**  
There must be a provision for how the worker can be rescued by other workers in the workplace. It must be accurate to the current equipment and conditions on site.
- If the procedure includes a provision for High Angle Rescue there is a THARRP Agreement in place with the local Fire Department for the workplace.