

# Fall Protection for the Construction Industry Sample Written Program



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Occupational Safety and  
Health Consultation  
(OSHCON) Program

# Fall Protection for Construction

## Sample Written Program

### 29 CFR 1926, Subpart M



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The following Fall Protection for the Construction Industry Sample Written Program is provided as a guide to assist employers and employees in complying with the requirements of the Occupational Safety and Health Administration (OSHA) standard [29 CFR 1926, Subpart M](#). It is not intended to supersede the requirements of the standard. An employer should review the standard for particular requirements which apply to their situation and adjust this program to their specific company needs. An employer will need to add information relevant to their work processes to develop an effective, comprehensive program. There are example statements in this program that should be removed and replaced with employer-specific information.

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#### Instructions:

This fillable publication is designed as a template to allow employers to customize a Construction Fall Protection Program by replacing the blank boxes with their company's name, responsible individual(s) assigned to meet the OSHA standard, and other information as requested when floating a cursor over the interactive form. Before creating this plan, read OSHA's Fall Protection Standard 29 CFR 1926. Subpart M.

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# Fall Protection for the Construction Industry

## Sample Written Program

Company Name:

This Fall Protection Plan is specific for the following project:

Location of Job:

Date Plan Prepared:

Date Plan Modified:

Prepared by:

Plan Approved By:

Plan Supervised By:

Location of the Plan: The Plan will be located in the site field office trailer and there will be a copy in each supervisor's truck on-site.





## Company Policy Statement

\_\_\_\_\_ is dedicated to the protection of its employees from on-the-job injuries. All employees of \_\_\_\_\_ have the responsibility to work safely on the job. The purpose of this plan is to supplement our existing safety and health program and to ensure that every employee who works for \_\_\_\_\_ recognizes workplace fall hazards and takes the appropriate measures to address those hazards.

Each employee will be trained in these procedures and fall protection systems and equipment. All employees will strictly adhere to the procedures except when doing so would expose them to a greater hazard. If in the employee's opinion, this is the case, the employee is to notify \_\_\_\_\_ of their concern and have the concern addressed before proceeding.

It is the responsibility of \_\_\_\_\_ to implement this Fall Protection Plan. Work operation safety checks will be performed regularly, and safety policy and procedures shall be enforced. \_\_\_\_\_ is responsible for correcting any unsafe practices or conditions immediately.

It is the responsibility of the employer to ensure all employees understand and follow this program and instructions from the crew supervisor. It is the responsibility of the employee to bring to management's attention any unsafe conditions or practices that may cause injury to themselves or any other employees. Any changes to the Fall Protection Plan must be approved by \_\_\_\_\_.





## Fall Protection System(s) Used In Each On-Site Operation

The following operations require employees to use fall protection systems at this job site:

*(Example: When setting trusses, outside and inside scaffolding will be used to set and attach the trusses to the structure. After the trusses are firmly attached, a 12-foot ladder, spotter/helper, and personal fall protection equipment will be used to disconnect the lifting line from the truss.)*

Required Fall Protection	
Operation	Required Fall Protection Procedures







## Inspection

Before each shift, each employee must inspect the fall protection equipment that they use. If items are defective, employees must notify their supervisor, who will remove the equipment and tag it out of service. The supervisor will issue new fall protection equipment at that time.

will inspect all fall protection systems to verify that they are properly used on each shift.

## Enforcement

Awareness of and respect for fall hazards and compliance with all safety rules are considered conditions of employment. The crew supervisor or foreman and individuals in the Safety and Personnel Department reserve the right to issue disciplinary warnings to employees, up to and including termination, for failure to follow the guidelines of this program.

## Changes to Plan

will approve all changes to this plan. This plan shall be reviewed by as the job proceeds to decide if more practices, procedures, or training need to be added by to improve fall protection. Employees shall be notified and trained, if necessary, on the new procedures. A copy of this plan and all approved changes shall be maintained at the job site by .

## Training

Each affected employee working at

will be trained in these procedures, fall protection system(s), and equipment used on the work site before work begins. Training will also cover the inspection and care of all fall protection equipment used on-site. All employee training will be documented with records maintained on the job site. Training of employees by shall include:

- types of fall hazards employees may be exposed to on the worksite;
- procedures for erecting, maintaining, disassembling, and inspecting fall protection systems;
- methods to use and operate fall protection systems;
- role of each employee in the Safety Monitoring System (if one is used);
- limitations of mechanical equipment use during low-slope roof work (if applicable);
- procedures for equipment and materials handling, and storage and erection of overhead protection;
- role of each employee in alternative Fall Protection Plans (if used);
- requirements of the OSHA Fall Protection Standard, 29 CFR 1926, Subpart M; and
- requirements for reporting incidents that cause injury to an employee.



# Appendix A:

## Resources

### Texas Department of Insurance, Divisions of Workers' Compensation (DWC)-Workplace Safety:

- **Fall Protection for the Construction Industry Workplace Program** ([English](#) / [Spanish](#))
- **Fall Prevention and Sawmills - Take 5 for Safety** ([English](#) / [Spanish](#))
- **Falls and Slips Prevention - Take 5 for Safety** ([English](#) / [Spanish](#))
- **Ladder Safety - Take 5 for Safety** ([English](#) / [Spanish](#))
- **Personal Fall Protection Systems Fact Sheet** ([English](#))
- **Preventing Slips, Trips, and Falls - Take 5 for Safety** ([English](#) / [Spanish](#))
- **Scaffold Safety Checklist** ([English](#) / [Spanish](#))
- **Scaffolding - A Guide to Scaffold Use in the Construction Industry** ([English](#))
- **Free streaming [workplace safety videos](#) on fall protection.**

### Occupational Safety and Health Administration (OSHA):

- **Compatibility of Personal Fall Protection System Components** (OSHA SHIB 09-22-2003 - 2003) (English: [PDF](#))
- **Construction: Protecting Roofing Workers** (OSHA 3755 - 2015) (English: [PDF](#))
- **Fall From a Telecommunications Tower: Fatal Facts** (OSHA 3710 - 2014) (English: [PDF](#))
- **Fall Prevention Fact Sheet** (OSHA FS 3533 - 2012) (English: [PDF](#)); (OSHA FS 3534 - 2012) (Spanish: [PDF](#)); (OSHA FS 3545 - 2012) (Polish: [PDF](#)); (OSHA FS 3549 - 2012) (Russian: [PDF](#))
- **Fall Prevention Poster** (OSHA 3531 - 2012) (English: [PDF](#)); (OSHA 3532 - 2012) (Spanish: [PDF](#))
- **Fall Prevention Wallet Card** (OSHA 3557 - 2012) (English: [PDF](#)); (OSHA 3564 - 2013) (Spanish: [PDF](#)); (OSHA 3664 - 2013) (Portuguese: [PDF](#))



- **Fall Prevention: Safety Pays. Falls Cost. Sticker** (OSHA 0078 - 2012) (English: [PDF](#)); (OSHA 0086 - 2014) (Spanish: [PDF](#))
- **Fall Prevention: Training Guide - A Lesson Plan for Employers** (OSHA 3666 - 2014) (English: [EPUB MOBI PDF](#)); (OSHA 3727 - 2014) (Spanish: [EPUB MOBI PDF](#))
- **Fall Protection in Construction** (OSHA 3146 - 2015) (English: [PDF](#))
- **Fall Protection in General Industry QuickCard™** (OSHA 3257 - 2017) (English: [PDF](#))
- **Fall Protection in Residential Construction Fact Sheet** (OSHA FS - 2010) (English: [PDF](#))
- **Fall Protection Safety for Commercial Fishing Fact Sheet** (OSHA FS - 2011) (English: [PDF](#))
- **Fall Protection: Reducing Falls During Residential Construction: Erecting Exterior and Interior Walls** (OSHA FS 3554 - 2012) (English: [PDF](#)); (OSHA FS 3581 - 2013) (Spanish: [PDF](#))
- **Fall Protection: Reducing Falls During Residential Construction: Floor Joist Installation and Decking** (OSHA FS 3555 - 2012) (English: [PDF](#)); (OSHA FS 3582 - 2013) (Spanish: [PDF](#))
- **Fall Protection: Reducing Falls During Residential Construction: Installing Roof Trusses Fact Sheet** (OSHA FS 3477 - 2011) (English: [PDF](#)); (OSHA FS 3574 - 2013) (Spanish: [PDF](#))
- **Fall Protection: Reducing Falls During Residential Construction: Installing Standing Seam Metal Roofs Fact Sheet** (OSHA FS 3502 - 2012) (English: [PDF](#)); (OSHA FS 3578 - 2013) (Spanish: [PDF](#))
- **Fall Protection: Reducing Falls During Residential Construction: Installing Tile Roofs Fact Sheet** (OSHA FS 3478 - 2011) (English: [PDF](#)); (OSHA FS 3575 - 2013) (Spanish: [PDF](#))
- **Fall Protection: Reducing Falls During Residential Construction: Re-Roofing Fact Sheet** (OSHA FS 3503 - 2012) (English: [PDF](#)); (OSHA FS 3579 - 2013) (Spanish: [PDF](#))
- **Fall Protection: Reducing Falls During Residential Construction: Roof Repair Fact Sheet** (OSHA FS 3479 - 2011) (English: [PDF](#)); (OSHA FS 3576 - 2013) (Spanish: [PDF](#))
- **Fall Protection: Reducing Falls During Residential Construction: Roof Sheathing Fact Sheet** (OSHA FS 3501 - 2012) (English: [PDF](#)); (OSHA FS 3577 - 2013) (Spanish: [PDF](#))



- **Fall Protection: Reducing Falls During Residential Construction: Working in Attics** (OSHA FS 3553 - 2012) (English: [PDF](#)); (OSHA FS 3580 - 2013) (Spanish: [PDF](#))
- **General Industry Walking-Working Surfaces and Fall Protection; Final Rule Fact Sheet** (OSHA FS-3903 - 2016) (English: [PDF](#))
- **Guardrail System for Tunnel Form Stripping Platform** (OSHA SHIB 08-08-2006 -2006) (English: [PDF](#))
- **Hazards of Misusing Wire Form Anchorage Connectors for Fall Protection** (OSHA SHIB 09-01-2004 - 2004) (English: [PDF](#))
- **Ladder Safety QuickCard™** (OSHA 3246 - 2005) (English: [PDF](#)); (OSHA 3247 - 2017) (Spanish: [PDF](#))
- **Ladder Safety: Falling Off Ladders Can Kill: Use Them Safely** (OSHA 3625 - 2018) (English: [EPUB MOBI PDF](#)); (OSHA 3625 - 2018) (Spanish: [EPUB MOBI PDF](#))
- **Ladder Safety: Reducing Falls in Construction: Safe Use of Extension Ladders Fact Sheet** (OSHA FS 3660 - 2013) (English: [PDF](#))
- **Ladder Safety: Reducing Falls in Construction: Safe Use of Job-made Wooden Ladders Fact Sheet** (OSHA FS 3661 - 2013) (English: [PDF](#))
- **Ladder Safety: Reducing Falls in Construction: Safe Use of Stepladders Fact Sheet** (OSHA 3662 - 2013) (English: [PDF](#))
- **Material Hoist Collapse: Fatal Facts** (OSHA 3718 - 2014) (English: [PDF](#))
- **Scaffolding: Narrow Frame Scaffolds Fact Sheet** (OSHA FS 3722 - 2014) (English: [PDF](#))
- **Snow Removal: Know the Hazards Pamphlet** (OSHA 3966 - 2019) (English: [PDF](#))
- **Stairways and Ladders** (OSHA 3124 - 2003) (English: [PDF](#))
- **Suspension Trauma/Orthostatic Intolerance** (OSHA SHIB 03-24-2004 - 2011) (English: [PDF](#))
- **Warehouse Fall from Pallet Elevated by Forklift: Fatal Facts** (OSHA 3916 - 2017) (English: [PDF](#))



# Appendix B:

## Regulations and Standards

### OCCUPATIONAL SAFETY AND HEALTH STANDARDS FOR GENERAL INDUSTRY

#### Subpart D, Walking/Working Surfaces

- Fixed Ladders, Ladder Safety Devices ..... [1910.27 \(d\) \(5\)](#)
- Safety Requirements for Scaffolding, Boatswain’s Chair..... [1910.28 \(j\) \(4\)](#)

#### Subpart F, Powered Platforms, Man lifts, and Vehicle-Mounted Work Platforms

- Powered Platforms and Building Maintenance.....[1910.66](#)
- Personal Fall Arrest Systems ..... [1910.66 Appendix C](#) (Mandatory)

#### Subpart J, Permit-Required Confined Space .....[1910.146](#)

#### Subpart R, Special Industries

- Telecommunications..... [1910.268](#)
- Electric Power Generation, Transmission and Distribution ..... [1910.269\(g\)\(2\)](#)

### SAFETY AND HEALTH STANDARDS FOR CONSTRUCTION

#### Subpart E, Personal Protective Equipment

- Body belts, Lifelines and Lanyards.....[1926.104](#)
- Safety Nets .....[1926.105](#)

#### Subpart L, Scaffolding

- Fall Protection..... [1926.451\(g\)](#)

#### Subpart M, Fall Protection

- Scope, Application and Definitions .....[1926.500](#)
- Duty to Have Fall Protection.....[1926.501](#)
- Fall Protection Systems Criteria and Practices .....[1926.502](#)
- Training Requirements .....[1926.503](#)

#### Subpart R, Steel Erection

- Fall Protection.....[1926.760](#)

#### Subpart V, Power Transmission and Distribution

- Linemen Body Belts, Safety Straps and Lanyards .....[1926.959](#)

#### Subpart X, Ladders

- Ladders.....[1926.1053](#)



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## **SAFETY & HEALTH REGULATIONS FOR MARINE TERMINALS & LONGSHORING**

Shipyards, Personal Fall Arrest Systems .....	<a href="#">1915.159</a>
Shipyards, Positioning Device Systems .....	<a href="#">1915.160</a>
Marine Terminals, Employee Protection .....	<a href="#">1917.112(b)</a>
Longshoring, Deck Loads .....	<a href="#">1918.33(b)</a>
Longshoring, Fall Protection .....	<a href="#">1918.85(j) &amp; (k)</a>



# Appendix C:

## Building Plan(s) or Diagram(s) for Each Type of On-Site Structure

Paste your plan(s) or diagram(s) here or attach to the back of this document.