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LAST REVISION: May 3 rd , 2012	REVIEWED BY: L. Kirk Berglund, Safety Director	FORM REF No: SP-FALLPRO
SUBJ: Fall Protection		

POLICY

It is the policy of Meiners Electric that fall protection shall be addressed prior to any job through job briefings. Fall protection will be instituted when a fall potential exists that is equal to, or greater than standards set forth by OSHA. Fall protection may also be required by special client policies or specific hazards associated with a job. The most stringent of the requirements will be adhered to.

TRAINING

Meiners Electric shall provide each employee who might be exposed to fall hazards training. The training shall include recognition of the hazards of falling along with procedures to follow to minimize these hazards. Training shall be performed by the safety director or a competent person and shall cover the following:

- a) the nature of fall hazards in the work area;
- b) the correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used;
- c) the use and operation of guardrail systems, personal fall arrest systems and other protection to be used;
- e) the limitations on the use of mechanical equipment during the performance of roofing work on low sloped roofs;
- f) the correct procedures for the handling and storage of equipment and materials and the erection of overhead protection;
- g) the role of employees in fall protection plans;
- h) the requirements contained in 29 CFR 1926 Subpart M

FREQUENCY OF TRAINING

Fall protection training shall be provided to each new field worker, annually as a refresher and as needed when an employee fails to show proper knowledge or retention of skills.

All training will be accompanied by a certification of training in the form of a sign-in sheet with both the instructor's name and signature and the student's name and signature.



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FALL PROTECTION PLAN

Worksite Assessment and Fall Protection Systems Selection

Due to the various worksites, a fall protection plan needs to be addressed for each job where a fall potential exists. Identification of fall protection needs will be started prior to work through the use of the Pre-Job checklist, PPE Selection guide and the Job Hazard Analysis (JHA).

All fall protection systems selected for each application will be installed before an employee is allowed to go to work in an area that necessitates the protection. When selecting and purchasing fall protection equipment and supplies, they shall be approved for the purpose for which they are intended. Such fall protection equipment shall bear appropriate labels clearly indicating that the equipment meets or exceeds applicable ANSI and ASTM requirements.

This fall protection plan is intended to anticipate the particular fall hazards to which our employees may be exposed. Specifically, we:

- Inspect the area to determine what hazards exist or may arise during the work.
- Identify the hazards and select the appropriate measures and equipment.
- Give specific and appropriate instructions to workers to prevent exposure to unsafe conditions.
- Ensure employees follow procedures given and understand training provided..

Providing fall protection requires an assessment of each fall situation at a given jobsite. Our criteria for selecting a given fall protection system follow those established at 29 CFR 1926.502, fall protection systems criteria and practices.

GENERAL GUIDELINES

1. FALL PROTECTION

1. Control of Work Area

1. Guarding of floor openings will be performed by utilizing barricades with top rails, mid rails and toe boards on all exposed sides.
2. Fixed and trap door openings shall be guarded by floor opening covers of appropriate strength and construction and be secured as to prevent displacement.
3. Scrap and refuse material should be placed in proper containers. Keep general working area free of clutter and obstacles.
4. Slippery floors cause falls. Keep the floor clean and dry.
5. In the event that another contractor in the area has created a fall hazard or a fall hazard



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is discovered. **STOP WORK** until the fall hazard can be abated. Otherwise, all persons working in the area will have to utilize Personal Fall Protection devices.

2. Personal Fall Protection

Personal Fall Protection devices will be used whenever a fall potential cannot be controlled by the use of covers, barricades, etc.

1. Prior to donning or using fall protection equipment, each component must be inspected prior to use. Any damage outside of the manufacturers specs will cause the piece of equipment to be deemed un-usable. All damaged fall protection equipment will be taken out of service and returned to the shop for final disposition.
2. Employees will be provided with fall protection, i.e. full body harnesses and lanyards when working at defined fall exposure elevations when no other type of fall protection is provided. The lanyard shall be securely attached to the employee 100% of the time. Lifelines shall be secured above the point of operation whenever possible to an anchorage or structural member capable of supporting a minimum dead weight of 5,000 pounds.

It is important to ensure that adequate distance is available for fall protection devices to work. When using a deceleration type lanyard, upwards of 18' may be required as apposed to a retractable needing far less. Fall Protection Equipment needs to be selected for the job and may require the assistance of the Safety Director to properly implement.

3. The foreman may need to make a determination between the use of fall restraint vs fall protection - This will vary from job to job. The goal is to eliminate falls.
4. When employees are utilizing boom type aerial lifts, fall restraint will be used as opposed to traditional decelerator lanyards. This is to keep the employee from being ejected from the safety of the aerial lift. The railings installed on the aerial lift is the fall protection.

3. Rescue

When planning work requiring the use of a full body harnesses, care must be taken to identify rescue procedures for workers. In the event of a fall where an employee is caught by his personal fall protection equipment, measures must be taken to immediately and safely bring the employee back to solid ground.

Orthostatic intolerance may be experienced by workers using fall arrest systems. Following a fall, a worker may remain suspended in a harness. The sustained immobility may lead to a state of unconsciousness. Depending on the length of time the suspended worker is unconscious/immobile and the level of venous pooling, the resulting orthostatic



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intolerance may lead to death. While not common, such fatalities often are referred to as "***harness-induced pathology***" or "***suspension trauma***"

Unconscious/immobile workers suspended in their harness will not be able to move their legs and will not fall into a horizontal position, as they would if they fainted while standing. During the static upright position, venous pooling is likely to occur and cause orthostatic intolerance, especially if the suspended worker is left in place for some time. Venous pooling and orthostatic intolerance can be exacerbated by other circumstances related to the fall. For example, shock or the experience of the event that caused the fall, other injuries, the fit/ positioning of the harness, the environmental conditions, and the worker's psychological state all may increase the onset and severity of the pooling and orthostatic intolerance. Unless the worker is rescued promptly using established safe procedures, venous pooling and orthostatic intolerance could result in serious or fatal injury, as the brain, kidneys, and other organs are deprived of oxygen.

Signs & symptoms that may be observed in an individual who is approaching orthostatic intolerance:

Faintness, Nausea, Breathlessness, Dizziness, Sweating, Unusually Low Heart Rate, Paleness, Unusually Low Blood Pressure, Hot Flashes, "Greying" or Loss of Vision and Increased Heart Rate.

Factors that can affect the degree of risk of suspension trauma:

Inability to move legs, Hypothermia, Pain, Shock Injuries during fall, Cardiovascular disease, Fatigue, Respiratory disease, Dehydration and Blood loss.