



HUMAN RESOURCES DEPARTMENT <b>SAFETY AND INDUSTRIAL HYGIENE UNIT</b>	SUBJECT: CHECKLIST FOR FALL PROTECTION	REVISION A	PAGE 1 OF 4
TO BE USED WITH STANDARD 2600SEG109, SAFETY STANDARD FOR FALL PROTECTION		REVISION DATE SEP-15-05	EFFECTIVE DATE: SEP-15-05

Area	Checking Points	2600SEG109	Checked (√ or NA)
Generalities	Is there adequate access to the working level (ladders, scaffolds, ramps)?	6.2	
	Is the equipment in good conditions?	6.3	
	Are employees trained to work at heights?	7.1	
Fall Protection Plan	Is there a structured protection plan?	6.4.1	
	Is the plan approved by the qualified person?	6.4.2	
	Was the plan discussed with the employees who will perform the job?	6.7.1.1	
	Has a rescue plan been prepared?	6.7.1.2	
	Is the available the rescue equipment required by the rescue plan?	6.7.1.2	
	Are workers trained in the rescue procedures?	6.7.1.3	
Protection from falling objects	Is the area marked as of mandatory hard hat use?	6.5.1	
	Is there a barrier to restrict access to unauthorized personnel to the area exposed to falling objects?	6.5.2	
	Do high working surfaces have toe board? (Toe board: at least 9 cm. high, resistant to a 22.7 Kg horizontal force and with 0.6 cm.-or-less openings)	6.5.3.1	
	If the storage on the surface is higher than the toe board, has an additional barrier been installed?	6.5.4	
	Roof works... place materials and tools at least 1.8 m from the edge.	6.5.5	
Guardrail Systems	Are there guardrails to protect holes on the floor, ramp edges and stairs edges, as well as edges open to an empty space?	6.6.1.2	
	Guardrails may be made out of ropes, wood, and/or cables. No plastic or metallic tape is allowed.	6.6.1.3	
	Have natural or synthetic rope guardrails been inspected? See the log.	6.6.1.3	
	The handrail must be between 0.99 and 1.13 m high	6.6.1.4	
	The handrail must be capable of withstanding 100 kg without bulging down to less than 1.0 m over the floor.	6.6.1.8	
	Average height of mid rail at 0.53 m	6.6.1.5	
	There are nets all over the guardrail (not required)	R.	
	Nets and mid rails are able to withstand 75 Kg without falling	6.6.1.10	



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Guardrail Systems (continued)	Separation between stanchions does not exceed 2.5 m	6.6.1.7	
	If wooden, is it 2" x 4"?	6.6.1.9	
	Does the handrail end flush with the stanchions or is it protected?	6.6.1.11	
	If made with cables, are they ¼" (0.6 cm.) cables?	6.6.1.13	
	If made with cables, is it marked at least every 1.8 m?	6.6.1.13	
	If made with cables, it should not have loose threads or braids.	6.6.1.13	
Safety Nets	Are they located less than 30 feet from the working surface?	6.6.2.1	
	Does the net agree with the vertical distance from the working surface to the net? (See table 6.6.2.2)	6.6.2.2	
	Openings should not exceed 36 in <sup>2</sup> and/or an over 6 in diameter.	6.6.2.6	
	The ropes that support the net should have a 5000 lbs tensile strenght	6.6.2.7	
	Was the net tested once installed?	6.6.2.3	
	Has it been tested every time it has been moved, undergone major repair or every 6 months?	6.6.2.3	
	Is it inspected at least once a week?	6.6.2.4	
	Is it free from debris, pebbles, etc.?	6.6.2.5	
Safety Monitoring System	Is the working surface's pitch less than 18°?	6.6.3.1	
	Is the warning line installed?	6.6.3.1	
	There should not be any mechanical equipment under operation or storage.	6.6.3.2	
	Is the safety monitor competent?	6.6.3.3.1	
	Is he identified and invested with the authority to perform his duty?	6.6.3.3.1	
	Is he located at the same level and able to orally warn workers of the presence of hazards?	6.6.3.3.2	
	Is he exclusively devoted to the monitoring duty?	6.6.3.3.3	
Warning Lines System	Are they marked every 1.8 m with high visibility materials?	6.6.4.1.1	
	Are they supported so that the lowest point does not move to less than 0.90 m over the working surface and withstands 16 lb of horizontal force without giving way?	6.6.4.1.2	
	Is a slack produced at the adjacent side when pulled to one side?	6.6.4.1.4	



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Warning Lines System (continued)	Are they installed at 1.8 m from the edge of the area? If there is any mechanical equipment are they at 1.8 m and 3.2 m parallel and perpendicular to the equipment, respectively?	6.6.4.1.5	
	Workers should not be allowed to be between the line and the edge unless they are protected from falls.	6.6.4.1.6	
Protection covers	Do floor holes without guardrails have covers?	6.6.1.1.1	
	Street hole covers should withstand two times the axle load of the largest anticipated vehicle and two times the weight of persons and tools on walkways.	6.6.5.1	
	Are they inspected at every shift start?	6.6.5.4	
	Are covers secured and identified (painted or marked) on walkways?	6.6.5	
Personal Fall Arrest System	Is it designed by qualified persons (anchor, connector, harness)?	6.6.6.1	
	Does it comply with ANSI Z359.1?	6.6.6.3	
	Does the harness limit the arresting force on the employee to 1800 lb?	6.6.6.3.1	
	Does it arrest the fall at less than 1.8 m, with a less-than-1.07 m deceleration?	6.6.6.3	
	Is the lanyard long enough to prevent greater-than-1.8 m falls and/or hitting obstacles at lower levels?	6.6.6.3.2	
	Are they locking (double action) snaphooks? Knots are not allowed.	6.6.6.4	
	Are there lanyard hooks connected above themselves, to other lanyards, to horizontal or vertical lifelines, or several hooks connected to a single Dee-ring?	6.6.6.4.1	
	Are there adequate anchorage points (5000 lbs-force), identified in orange? Guardrails and ladders are not allowed unless they are appropriate.	6.6.6.4.2	
	Is the system inspected prior to each use, as well as periodically?	6.6.6.4.3	
	Body belts are only allowed when used with harnesses.	6.6.7	
	The positioning system prevents falls of over 0.6 m and anchorages resist 3,000. lbs-force.	6.6.7	
	Are harnesses appropriately stored in order to prevent them from deteriorating or being damaged?	6.9	



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<b>Personal Fall Arrest System (continued)</b>	<b>Are discarded equipments segregated and marked as "Do Not Use"?</b>	<b>6.10</b>	
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