

# Suffolk County Community College

## Fall Protection Program

April 2014

Version 1.1

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Deceleration Distance: The additional vertical distance a falling employee travels excluding lifeline elongation and free fall distance, before stopping, from the point at which the deceleration device begins to operate. It is measured as the distance between the location of an employee's body harness attachment point at the moment of activation of the deceleration device during a fall, and the location of that attachment point after the employee comes to a full stop.

Free Fall: The act of falling before a personal fall arrest system begins to apply force to arrest the fall.

Free Fall Distance: The vertical displacement of the fall arrest attachment point on the employee's body harness between the onset of the fall and just before the system begins to apply force to arrest the fall. Free fall distance must not exceed 4 feet. This distance excludes deceleration distance and lifeline/lanyard elongation distance.

Total Fall Distance: The maximum vertical change in distance from the bottom of an individual's feet at the onset of a fall, to the position of the feet after the fall is arrested. This includes the free fall distance and the deceleration distance.

Guardrail System: A barrier erected to prevent employees from falling to lower levels. This system includes a toeboard, midrail and toprail able to withstand 200 pounds of force (applied in any direction).

Lanyard: A flexible line of rope or strap that has self-locking snaphook connectors at each end for connecting to body harnesses, deceleration devices, and anchor points.

Leading Edge: The edge of a floor, roof, or other walking/working surface, which changes location as additional floor, roof, etc., is placed or constructed. A leading edge is considered an unprotected side or edge when not under active construction.

Lifeline: A component consisting of a flexible line for connection to an anchorage at one end to hang vertically (vertical lifeline), or for connection to anchorages at both ends to stretch horizontally (horizontal lifeline). This serves as a means for connecting other components of a personal fall

Roof Work: The hoisting, storage, installation, repair, and removal of materials



- 4) All lanyards will have self-locking snaphooks.
- 5) The employee will inspect all personal fall arrest

If an employee must access an area within 6 feet of the roof's edge, for reasons other than exiting the roof via a ladder or fixed industrial ladder, another employee must monitor that individual and warn him/her of any dangers. If another employee is not available to act as a safety monitor, then the employee must don a full body harness and attach a fall restraint



## Snaphooks

- 1) Inspect before each use.
  - Inspect snaphook for any hook and eye distortions.
  - Verify there are no cracks or pitted surfaces.
  - The keeper latch should not be bent, distorted, or obstructed.
  - Verify that the keeper latch seats into the nose without binding.
  - Verify that the keeper spring securely closes the keeper latch.
  - Test the locking mechanism to verify that the keeper latch locks properly.
- 2) A competent person will complete a6.8 Tm0 g0 G( )JTETQq0.00000912 0 612 02 reW\*nBT012



The following documentation will be completed as part of the fall investigation:

- 1) Interviews with staff and witnesses.
- 2) Employee injury/accident report.
- 3) Supervisor injury/accident report.

#### Program Evaluation

This fall protection program will be evaluated periodically to determine the effectiveness. The following criteria will be used to evaluate its performance:

- 1) Accident reports
- 2) Number of accidents.
- 3) Management/staff compliance with program components.
- 4) Periodic on-site audits.
- 5) Staff feedback and interviews.

#### Contractors

All outside contractors working in or on the premises of Suffolk County Community College will be required to follow the guidelines set forth in this fall protection program. Contractors in the pre-job meeting will be informed of these requirements as well as the on-site construction rules that apply.

**Appendix 1**

Full Body Harness  
Annual Inspection Checklist

Harness Model/Name:

Serial Number:

Lot Number:

Date of Manufacture:

Comments:

General Factors

Accepted/R



### Appendix 3

## Snaphooks/Carabiners

### Annual Inspection Checklist

Model/Name:

Serial Number:

Comments:

General Factors	Accepted/Rejected	Details/Comments
1) Physical Damage: Inspect for cracks, sharp edges, burrs, deformities and locking opera		064 486.55 212.18 50.76 reW



