**FALL PROTECTION ANCHORAGE**
- Designed, installed and tested under supervision of qualified person
- Independent of other anchorage points (platforms, hoists etc.)

Sites should establish regular inspection and preventative maintenance for permanently installed fall protection systems.

**LIFELINES**
- Vertical Lifeline: Minimum breaking strength 5000lbs (2268 kg)
- Horizontal Lifelines:
  - Follow manufacturer recommendations, or design, build and install under competent person.
  - Safety Factor of two
  - Tagged with maximum number of persons permitted on each end

**GUARDRAIL REQUIREMENTS - temporary barriers must meet this criteria for fall prevention**
- Install nets or other barriers to prevent falling objects when necessary, and able to withstand 150lbs (68 kg) of force
- 39-45in (99-115 cm) from the walking surface to the top of the rail; not deflect lower than 39in (99 cm)
- Able to withstand 200lbs (91 kg) of force in a downward/outward direction
- Midrail installed halfway between top rail and walking surface
- Vertical members every 8ft (2.6m) on center
- Intermediate vertical members every 19in (48 cm) on center when installed
- Toe boards a minimum of 4in (10 cm) nominal height, able to withstand 75lbs (34 kg) of force outward, and no more than 3/4in (0.64 cm) gap between surface and lower edge of toe board
- Stair rail systems must be 42in (107 cm) from the leading edge of the stair to the top of the rail
- Guardrails around ladderways: self-closing gate that slides or swings away from the hole and top rail/midrail that meets guardrail requirements (unless opening is offset)

**FIELD APPLICATION CONSIDERATIONS:** Nature of environment (corrosive, weather, etc); Nature of work being performed (electrical, welding, etc); Accessibility for inspection and preventative maintenance

---

**Component** | **Fall Restraint Specification** | **Positioning Device Specification** | **Fall Arrest Specification**
--- | --- | --- | ---
Harness | Full body<br>Body belt permitted only if there is no potential for a fall | Full body<br>Body belt permitted only if there is no potential for a fall | Full body harness<br>Body belt not permitted
Anchorage | Support 1000lbs (454 kg)<br>2x maximum force to restrain the fall | Support 3000lbs (1361 kg)<br>2x impact load of a fall of person | Support 5000lbs (2268 kg)<br>Safety factor of 2 for the maximum possible load
Lanyard | Must be a fixed length<br>Deceleration devices and self-retracting life-lines not permitted | Must limit free fall to 2ft (0.6m) or less | Includes deceleration device<br>Maximum arrest force 1800lbs (817 kg)<br>Once device per system<br>Maximum free fall distance of 6ft (2m)
Limitation | Working surface at or less than 4:12 | Not acceptable for work on horizontal surfaces | Anchorage location should be above the walking level

---

**Floor holes must be covered:**
- Secured from accidental displacement
- Able to support at least 2x’s expected load (employees and material)
- Marked with “HOLE” or “COVER”

Every floor hole into which persons cannot accidentally walk (on account of fixed machinery, equipment, or walls) shall be protected by a cover that leaves no openings more than 1in (2.5 cm) wide.

**Floor Opening:** An opening 12 in (0.3m) or more in its least dimension, in any floor, platform, pavement, or yard, through which persons may fall.

**Wall opening:** a gap or open space in a wall, partition, vertical walking/working surface, or similar, at least 30 inches (76 cm) high and at least 18in (46 cm) wide, through which an employee can fall to a lower level.

**Hole:** a gap or open space in a floor, roof, horizontal walking/working surface or similar surface that is at least 2in (5cm) in its least dimension.

---

This printed supplement is an uncontrolled document. Visit DOHS SharePoint site for current version and full policy details.