



Fall Protection Plan

OHS Program

Created: May 2024

Last review: -----

Rev. 1.0

PROJECT INFORMATION

Project Name:

Date:

Prime Contractor:

Address:

Supervisor Name:

Supervisor #:

Description of the Work Location (Floor level, what building face etc.)

Description of that Work to be Completed (List all tasks being performed a heights)

WORK AREA FALL HAZARDS

Check all that apply

Floor or Ground Openings?

Swing Fall Hazard?

< 10 feet – with hazards below

25' and over

Total Height: ft.

Slab or Deck

Roof

Balcony

Less than 4/12 (no slope)

4/12-8/12 (low slope)

8/12 or greater (steep slope)

Fall Clearance under 17-1/2'

Fall Clearance over 17-1/2'

Scaffolding

Extension Ladder

Step Ladder

Permanent Ladder

Mobile Elevated Work Platform

Bosun's Chair

Swing Stage

Public or Workers Below

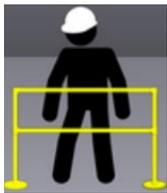
High Traffic Below

High Voltage within 6 Meters

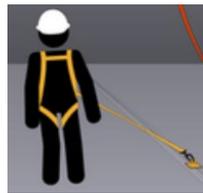
FALL PROTECTION SYSTEMS TO BE USED

Follow the Hierarchy of Controls by Selecting the Systems to be used

Guardrail System



Fall Restraint System



Fall Arrest System



Other Procedures





Fall Protection Plan

OHS Program

Created: May 2024

Last review: -----

Rev. 1.0

FALL PROTECTION COMPONENTS TO BE USED

Anchorage Type

- Fall Restraint System min load capacity in any direction is 800 lbs or 4 times the weight of the worker
- Fall Arrest System min load capacity in any direction is 5000 lbs or 2 times the max arrest force

Structural Wood Members (describe)

Concrete Wall or Ceiling (describe)

Concrete Column (describe)

Steel Beam (describe)

Other (describe)

Anchors to be used

Concrete Anchor Strap

Concrete Reusable Insert

Nail Down Metal Anchor

Beam Slider

Cable Choker/Sling

Horizontal Lifeline (engineered)

Web sling

Other

Fall Protection Harness Type Required (circle)

Class A (Fall Arrest)

Class P (Positioning)

Class L (Ladders)

Class E (Limited Access)

Class D (Suspension/Descent)



Connecting Devices

Life Line with locking snap-hooks (describe length) ft.

Self Retracting Lifeline (describe length)

Work Positioning Lanyard (describe length) ft.

Carabiner

Rope Grab

Temp Horizontal Lifeline

Perm Horizontal Lifeline

Tool or Equipment Tethers

Hard Hat Chin Strap

Other (describe)

Other (describe)

OTHER

Additional Safe Job Procedures Required (attach)

Engineering Required (reviewed)

Manufacturers Instructions Available

Workers Training Records up to Date

Control Zone Details (describe)



Fall Protection Plan

OHS Program

Created: May 2024

Last review: -----

Rev. 1.0

FALL PROTECTION SETUP INSTRUCTIONS

List the process for installation and setup of equipment specified by the manufacturer. Provide specifics on the anchor system on how to setup and take down.

FALL PROTECTION PLAN DIAGRAM



Forklift Inspection

OHS Program

Created: May 2024

Last review: -----

Rev. 1.0

Forklift Inspection

Operator Name:

Project:

Make:

Model:

Hour Meter Reading:

Week of:

Inspect items and initial if in good working order and ready for safe usage

Inspection Items	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Operator Qualifications						
2. Manufacturer's Data Placard						
3. Load Chart Available						
4. Cab (ROPS/FOPS)						
5. Windows and Mirrors						
6. Horn, Backup Alarm, Fire Extinguisher						
7. Boom Arm Angle Indicator						
8. Frame Level Indicators						
9. Lifting Attachments						
10. Engine Compartment (Fluids)						
11. Battery Condition/Level						
12. Hydraulics, Hoses, Leaks						
13. Seatbelt, Strobe Light						
14. Runs/Operators Well						
15. Gauges and Indicators						
16. Forward/Reverse Controls						
17. Lights, Tilt, up/down, boom level						
18. Steering						
19. Braking/Parking Brake						
20. Lift/Tilt mechanism/cylinders and hoses						
21. Tire/Wheel Condition						
22. Fuel Level/ Propane						
23. Spill Kit On-Site						
24. Ground Conditions						

Notes/ List Item #'s Requiring Attention: (maintenance required or completed)



Hydro Mobile Inspection

OHS Program

Created: May 2024

Last review: -----

Rev. 1.0

PROJECT INFORMATION

Project:

Date/Week of:

Inspection item	Initial for good working order. X for deficient. N/A for not applicable					
	M	T	W	T	F	S
1. Manufacturers manual available and reviewed by operator						
2. Ground conditions, slab load ratings safe for use, cribbing secure						
3. Safe access provided, and area below restricted by fencing or control zone						
4. Mast condition, bolts secure, tie configuration is as per manufacturers specifications						
5. Guardrails with toe boards in place						
6. Fluid levels (oil, gas, hydraulic fluid) inspected. Any Leaks?						
7. Motor(s) inspected for safe operation and guards in place.						
8. Power cables in good condition and protected						
9. Fire Extinguisher available on the unit						
10. Power functions (controls) tested and operating safely. Safety stop functioning						
11. Bridge connections and bolts in good condition						
12. Outriggers and planking set up as per manufacturer's and WSBC requirements						
13. Tower and base level						
14. Deck and other components clean/free of mortar and debris						
15. Materials and equipment on the lift are evenly distributed						
16. Safety hook springs in good condition						
17. Fall Protection requirements adhered to						
18. Load Capacity charts available and legible						
19. Balcony access or emergency rescue when at elevations acceptable						
20.						
21.						

Deficient Items/Action Items

Inspector(s) Name:

Inspector(s) Name:



Rough Terrain Forklift Inspection

OHS Program

Created: May 2024

Last review: -----

Rev. 1.0

Rough Terrain Forklift Inspection

Operator Name:

Project:

Make:

Model:

Hour Meter Reading:

Week of:

Inspect items and initial if in good working order and ready for safe usage

Inspection Items	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Annual Inspection/NDT Valid						
2. Manufacturer's Data Placard						
3. Load Chart Available						
4. Cab (ROPS/FOPS)						
5. Windows and Mirrors						
6. Horn, Backup Alarm, Fire Extinguisher						
7. Boom Arm Angle Indicator						
8. Frame Level Indicators						
9. Lifting Attachments						
10. Engine Compartment (Fluids)						
11. Battery Condition/Level						
12. Hydraulics, Hoses, Leaks						
13. Seatbelt, Strobe Light						
14. Runs/Operators Well						
15. Gauges and Indicators						
16. Forward/Reverse Controls						
17. Lights, Tilt, up/down, boom level						
18. Steering						
19. Braking/Parking Break						
20. Outriggers/Stabilizers						
21. Tire/Wheel Condition						
22. Fuel Level						
23. Spill Kit On-Site						
24. Ground Conditions						

Notes/ List Item #'s Requiring Attention: (maintenance required or completed)



Safe Job Procedure Forms - Table of Contents

Rev. 1.0

Created: May 2024

Last review: -----

Safe Job Procedure Forms Table of Contents

1. Rough Terrain Forklift Inspection Form
2. Skidsteer Inspection Form
3. Concrete Cutting and Coring Permit
4. Fall Protection Plan
5. Forklift Inspection Form
6. MEWP Inspection Form
7. Hydro Mobile Inspection Form
8. Scaffolding Inspection Form



Scaffolding Inspection

OHS Program

Created: May 2024

Last review: -----

Rev. 1.0

PROJECT INFORMATION

Project:

Date/Week of:

Inspection item	Initial for good working order. X for deficient. N/A for not applicable					
	M	T	W	T	F	S
1. A competent/qualified person has erected this scaffold system						
2. Mud sills have been properly placed and are of adequate size						
3. Screw jacks have been used to level/plumb the scaffold						
4. Base plates and/or screw jacks are in firm contact with the sills and scaffold frame						
5. Scaffold components and planking are in safe/good condition						
6. Scaffold planks are graded for scaffold use? (min. 2" nominal thick or doubled or manufactured, etc)						
7. Diagonal bracing installed as per manufacturers requirements						
8. Guardrails installed as per WSBC requirements						
9. Scaffold leg connections have been secured on all 4 corners						
10. Is the platform fully planked/decked with no gaps greater than 10"						
11. Scaffold engineered if screening/tarping attached						
12. Scaffold securely connected to structure if height is over 3 times the base size						
13. Safe access onto the scaffolding.						
14. Adequate guardrails have been installed.						
15. Toe boards used where workers working below, or risk of tools/material being pushed off						
16. Manufactured planks are securely fitted						
17. Planks have a minimum of 12" overlap and extend at least 6" beyond supports with end cleats						
18. Scaffold is erected as per electrical limits of approach						
19. Are scaffold end terminations gates or guardrails in place to prevent falls.						
20. Green Scaffolding Tag for safe use posted						
21. Other						

Deficient Items/Action Items

Inspector(s) Name:

Inspector(s) Name:

	CUTTING AND CORING PERMIT		
	OHS Program	Created: May 2024	Last review: -----

Section 1 - Project Info

Company Name:	Date:	Time:
Duration of work:	Project:	Location:
Description of Work Activities:		

Section 2 - Pre-Work Checklist

	Yes	No	N/A
1. Verification that no uncontrolled hazards are present within wall or slab?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Method utilized to verify hazards aren't present and/or are controlled: <input type="checkbox"/> Electrical De-energized & Locked Out <input type="checkbox"/> Services Not Present in Slab <input type="checkbox"/> X-Ray/Ground Penetrating Radar <input type="checkbox"/> Pre-pour Photos Reviewed			
3. Electrical/Gas contractor consulted to verify hazards aren't present?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Verified coring will not damage surface mounted services on the other side of the wall or slab?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Area below flagged off with danger tape, signage and a spotter in place to prevent incident?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Surface below protected from damage due to slurry and falling core?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Method to control dust established with Trade Partner(s)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Method to clean up slurry established with contractor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. FLHA completed by worker(s) conducting task?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Proof of powder actuated tool training provided?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Correct coring drill and bit size/length	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Worker(s) trained in safe coring/cutting machine usage and SWP's?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Fall Hazard Controls: <input type="checkbox"/> Guardrails <input type="checkbox"/> Control zone with signage <input type="checkbox"/> Scaffold/Work plate form <input type="checkbox"/> Fall Protection (explain)			

Comments

By signing below, you understand the hazards of this task, how the hazards are being mitigated and your responsibility for working safely during any slab & wall coring & cutting activities

Coring Operator	Name:	Signature:
Spotter	Name:	Signature:
Site Superintendent	Name:	Signature:

