

FrameSAFE Site-Specific Fall Protection Plan Template

Instructions for Use

DO NOT INCLUDE THIS PAGE IN YOUR MANUAL

Step 1: Complete Site-Specific Form

Enter the site-specific information in the form on the first page of the plan template either using the form fields in the pdf file or by hand.

Step 2: Choose Options for Installation Procedures*

In addition to the first two pages of the plan template, the options for installation procedures that follow are intended for use as part of a site-specific fall protection plan. Your Company shall **choose one (1) option** for each category of work to include in your safety manual as your site-specific plan.

The categories of work include:

1. Installation of floor trusses/joists
2. Installation of floor sheathing
3. Installation of roof trusses/rafters

Include **ONLY** the option your Company uses for each work category. **DO NOT** include pages in your safety manual for categories of work your Company will not perform on this jobsite or that reflect installation procedures your Company does not perform.

Step 3: Finalize the Site-Specific Plan

The final site-specific plan for your Company can be compiled in one of two ways:

1. **PRINT** the first two pages plus the pages that represent your installation procedures and insert them as section 7.1 of your FrameSAFE Manual.
2. **DELETE** the pages for the installation options your company does not use and **SAVE** the pdf as a new file name. (This option allows for ease in electronic communication.)

* If the installation procedures used by your COMPANY are not included as a current option, please contact the National Framers Council (608-310-6777, info@framerscouncil.com) to submit your procedures for review by the NFC Safety Committee. Please follow the template of the existing options to submit your plan.

2. Fall Protection Systems to Be Used on This Project

Installation of floor trusses/joists, truss/joist bracing, floor sheathing, roof trusses/rafters, and roof truss/rafter bracing will be conducted by Employees who are specifically trained to do this type of work and are trained to recognize the fall hazards. The nature of such work normally exposes the Employee to a fall hazard for a short period of time. This plan details how the Company will minimize hazards associated with the installation of the aforementioned products.

On this Project, safety nets will not provide adequate fall protection because the nets may cause the walls to collapse.

Similarly, requiring Employees to use a ladder for the entire installation process can cause a greater hazard because the Employee must stand on the ladder with his back or side to the front of the ladder. When installing the joists and/or trusses and/or bracing, an Employee will need both hands to maneuver the truss and therefore cannot hold onto the ladder. In addition, ladders cannot be adequately protected from movement while installing floor trusses/joists and bracing, floor sheathing, and roof trusses/rafters and bracing. Furthermore, many Employees may experience additional fatigue because of the increase in overhead work with heavy materials, which can also lead to a greater hazard.

Exterior scaffolds cannot be utilized on this Project because the ground cannot support the scaffolding. In most cases the erection and dismantling of the scaffold would expose an Employee to a greater fall hazard.

3. Enforcement

Constant awareness of and respect for fall hazards, and compliance with all safety rules are considered conditions of employment. The employer, foreman/supervisor, or other individuals in the safety and personnel department, reserves the right to issue disciplinary warnings to Employees, up to and including termination, for failure to follow the Company safety rules and the requirements of this plan

4. Accident Investigations

All accidents that result in injury to any Employee, regardless of their nature, will be investigated and reported. It is an integral part of any safety program to document the incident and events surrounding the incident, as soon as possible so that the cause and means of the prevention can be identified to prevent a reoccurrence. In the event that an Employee falls or there is some other related, serious incident occurring, this plan will be reviewed to determine if additional practices, procedures, or training need to be implemented to prevent similar types of falls or incidents from occurring.

5. Changes to Plan

Any changes to the Fall Protection Plan must be approved by a Qualified Person within the Company. This plan will be reviewed as the job progresses to determine if additional practices, procedures or training needs to be implemented by the Competent Person to improve or provide additional fall protection. Employees will be notified and trained, if necessary, in the new procedures. A copy of this plan and all approved changes will be maintained at the Project site.

FrameSAFE Site-Specific Fall Protection Plan

1A. Installation of floor trusses/joists:

During the installation of floor trusses/joists, the Company will take the following step-by-step approach to protect its Employees who are exposed to fall hazards:

- Only Employees trained in the following procedures will be allowed to install floor trusses or joists.
- The Company will be responsible for training each Employee on the outlined procedures below so that each Employee:
 - (1) Understands and follows stated procedures; and
 - (2) Is able to recognize unsafe conditions.
- It is the Employee's responsibility to:
 - (1) Notify the Company's crew supervisor with questions or concerns regarding any aspect of the training; and
 - (2) Refrain from engaging in unsafe practices.

Procedure

- To minimize exposure to fall hazards, materials will be staged so that the Employees have quick and safe access to the material.
- All walls are to be properly braced prior to starting the floor truss/joist installation process.
- Employees installing floor trusses/joists will install the first two (2) trusses/joists by using a ladder or scaffold.
- After the first three trusses/joists are properly braced and secured, Employees will be required to use a Self-retracting Lifeline to install the balance of floor trusses/joists.
- Employees will access the top plates via a secured ladder to the secured interior top plate or truss top chord.
 - Employees will anchor to the existing trusses/joists that have been secured to the top plate and braced and proceed to set the following trusses/joists.
- Employees will repeat this process to continue setting the balance of the trusses/joists.
- Employees will be required to use a Self-Retracting Lifeline to anchor to the existing floor trusses/joists that have been secured and proceed to install bracing.
- Employees working 6 ft. (1.8 m) above the surrounding grade or floor level below and are within 6 ft. (1.8 m) of the leading edge, will use conventional fall protection (e.g., guardrail system) along with their Self-Retracting Lifeline.

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1B. Installation of floor trusses/joists:

During the installation of floor trusses/joists, the Company will take the following step-by-step approach to protect its Employees who are exposed to fall hazards:

- Only Employees trained in the following procedures will be allowed to install floor trusses or joists.
- The Company will be responsible for training each Employee on the outlined procedures below so that each Employee:
 - (1) Understands and follows stated procedures; and
 - (2) Is able to recognize unsafe conditions.
- It is the Employee's responsibility to:
 - (1) Notify the Company's crew supervisor with questions or concerns regarding any aspect of the training; and
 - (2) Refrain from engaging in unsafe practices.

Procedure*

- To minimize exposure to fall hazards, materials will be staged so that the Employees have quick and safe access to them.
- All walls are to be properly braced prior to starting the floor truss/joist installation process.
- Employees will access the interior top plates via a secured ladder.
- Employees may work from the interior top plates to roll the floor trusses/joists into position and secure them in place. Employees on the interior top plates shall have no duties other than truss/joist installation.
- Once floor truss installation begins, Employees not involved in that activity shall not stand or walk below the operation where they might be struck by falling objects.
- Employees shall not work from or walk on top plates, joists, floor trusses, beams or other structural members until they are securely braced and supported.
- Employees working 6 ft. (1.8 m) above the surrounding grade or floor level below and within 6 ft. (1.8 m) of the outside building edge, will use conventional fall protection (e.g., guardrail system).
- Employees working 15 ft. (4.6 m) or more above any floor level below will use conventional fall protection.

* Interior scaffolds cannot be utilized on this job because the interior bracing used to hold walls plumb and lined straight reduces movement and access along scaffold planks. Furthermore, random brace locations make scaffold placement difficult or impossible since Employees must use both hands maneuvering trusses and joists and direct their attention up. Employees will be unable to watch their steps to avoid serious injury from tripping over braces that cross the scaffold. A trip hazard on scaffolding presents a greater hazard to Employees than safe working procedures while on top plates. Finally, the standing on ladders or scaffolds would require the Employees to nail the trusses at eye and chest level creating a greater hazard.

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2A. Installation of floor sheathing:

During the installation of floor sheathing, the Company will take the following step-by-step approach to protect its Employees who are exposed to fall hazards:

- Only Employees trained in the following procedures will be allowed to install floor sheathing.
- The Company will be responsible for training each Employee on the outlined procedures below so that each Employee:
 - (1) Understands and follows stated procedures; and
 - (2) Is able to recognize unsafe conditions.
- It is the Employee's responsibility to:
 - (1) Notify the Company's crew supervisor with questions or concerns regarding any aspect of the training; and
 - (2) Refrain from engaging in unsafe practices.

Procedure

- To minimize exposure to fall hazards, materials will be staged so that the Employees have quick and safe access to the material.
- Employee installing floor sheathing will install the first sheet of floor sheathing by using a secured ladder/scaffold or by standing on the bottom chord of the truss.
- Each employee will access the first sheet of sheathing via a secured ladder to the secured floor truss.
 - Each employee will anchor to the truss/joist with an OSHA approved strap/anchor using a Self-Retracting Lifeline to install the balance of the floor sheathing.
- Employees working 6 ft. (1.8 m) above the surrounding grade or floor level below and are within 6 ft. (1.8 m) of the leading edge, will use conventional fall protection (e.g., guardrail system) along with their Self-Retracting Lifeline.

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2B. Installation of floor sheathing:

During the installation of floor sheathing, the Company will take the following step-by-step approach to protect its Employees who are exposed to fall hazards:

- Only Employees trained in the following procedures will be allowed to install floor sheathing.
- The Company will be responsible for training each Employee on the outlined procedures below so that each Employee:
 - (1) Understands and follows stated procedures; and
 - (2) Is able to recognize unsafe conditions.
- It is the Employee's responsibility to:
 - (1) Notify the Company's crew supervisor with questions or concerns regarding any aspect of the training; and
 - (2) Refrain from engaging in unsafe practices.

Procedure

- To minimize exposure to fall hazards, materials will be staged so that the Employees have quick and safe access to them.
- All walls to be properly braced prior to starting the floor sheathing installation process.
- Except for the first row of sheathing, which will be installed by Employees using a secured ladder/scaffold or by standing on the bottom chord of the floor truss, employees will work from an established deck.
- Each employee will access the first sheet of sheathing via a secured ladder to the secured floor truss.
- When exterior guardrails are complete, Employees will be considered protected and will work from an established deck.
- Employees working 6 ft. (1.8 m) above the surrounding grade or floor level below and are within 6 ft. (1.8 m) of the outside building edge, will use conventional fall protection (e.g., guardrail system).
- Employees working 15 ft. (4.6 m) or more above any floor level below will use conventional fall protection.

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3A. Installation of roof trusses/rafters:

During the installation of roof trusses/rafters, the Company will take the following step-by-step approach to protect its Employees who are exposed to fall hazards:

- Only Employees trained in the following procedures will be allowed to install roof trusses/rafters.
- The Company will be responsible for training each Employee on the outlined procedures below so that each Employee:
 - (1) Understands and follows stated procedures; and
 - (2) Is able to recognize unsafe conditions.
- It is the Employee's responsibility to:
 - (1) Notify the Company's crew supervisor with questions or concerns regarding any aspect of the training; and
 - (2) Refrain from engaging in unsafe practices.

Procedure

- To minimize exposure to fall hazards, materials will be staged so that the Employees have quick and safe access to the material.
- All walls are to be properly braced prior to starting the roof truss/rafter installation process.
- Employees installing roof trusses/rafters will install the first three (3) trusses/rafters by using a secured ladder/scaffold.
- After the first three trusses/rafters are properly braced and secured, Employees will be required to use Self-Retracting Lifeline to install the balance of roof trusses/rafters.
- Employees will access the top plates via a secured ladder to the secured interior top plate or truss bottom chord/ceiling joist-rafter tail.
- Employees will anchor to the existing trusses/rafters that have been secured and proceed to set the following two trusses/rafters.
- Employees will continue this process to set the balance of the trusses/rafters and will also continue to install required bracing to ensure the trusses/rafters are properly braced.

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3B. Installation of roof trusses/rafters:

During the installation of roof trusses/rafters, the Company will take the following step-by-step approach to protect its Employees who are exposed to fall hazards:

- Only Employees trained in the following procedures will be allowed to install roof trusses/rafters.
- The Company will be responsible for training each Employee on the outlined procedures below so that each Employee:
 - (1) Understands and follows stated procedures; and
 - (2) Is able to recognize unsafe conditions.
- It is the Employee's responsibility to:
 - (1) Notify the Company's crew supervisor with questions or concerns regarding any aspect of the training; and
 - (2) Refrain from engaging in unsafe practices.

Procedure*

- To minimize exposure to fall hazards, materials will be staged so that the Employees have quick and safe access to them.
- All walls are to be properly braced prior to starting the roof truss/rafter installation.
- Employee installing roof trusses/rafters will access the top plate/bottom chord of trusses via a secured ladder.
- Employees may work from the interior top plates to install the roof trusses/rafters into position and secure them in place. Employees on the interior top plates shall have no duties other than truss/rafter installation.
- Once truss/rafter installation begins, Employees not involved in that activity shall not stand or walk below the operation where they might be struck by falling objects.
- Employees shall not work from or walk on top plates, joists, floor trusses, beams or other structural members until they are securely braced and supported.
- When Employees are walking/working on top plates, joists, floor trusses, beams, or similar structural members over 6 ft. (1.8 m) above the surrounding grade or floor level below and are within 6 ft. (1.8 m) of the outside building edge, fall protection shall be provided by a personal fall arrest protection system.
- Employees working 15 ft. (4.6 m) or more above any floor level below will use conventional fall protection.
- Employees will not remain on or in the peak or ridge any longer than necessary to safely complete the task.

* Interior scaffolds cannot be utilized on this job because the interior bracing used to hold walls plumb and lined straight reduces movement and access along scaffold planks. Furthermore, random brace locations make scaffold placement difficult or impossible since employees must use both hands maneuvering trusses and joists and direct their attention up. They will be unable to watch their steps to avoid serious injury from tripping over braces that cross the scaffold. A trip hazard on scaffolding presents a greater hazard to employees than safe working procedures while on top plates. Finally, the standing on ladders or scaffolds would require the employees to nail the trusses at eye and chest level creating a greater hazard.

FrameSAFE Site-Specific Fall Protection Plan Alternate Method*

The NFC acknowledges the primary methods for fall protection as described above may not be feasible in every jobsite situation. In those cases a secondary method, which is approved by OSHA in accordance with 1926 Subpart M, Appendix E, II Fall Protection Systems to be used on this Project, may be used. The NFC recognizes this method in isolated situations, but recommends a more stringent application as outlined below.

Safety Monitoring System

Where conventional fall protection is infeasible or creates a greater hazard at the leading edge and during initial connecting activity, we plan to do this work using a safety monitoring system and expose only a minimum number of employees for the time necessary to actually accomplish the job. The maximum number of workers to be monitored by one safety monitor is three (3). We are designating the following trained employees as designated erectors and they are permitted to enter the controlled access zones and work without the use of conventional fall protection.

Safety monitor:

Designated erector:

Designated erector:

Designated erector:

The safety monitor shall be identified by wearing an orange hard hat. The designated erectors will be identified by wearing a blue hard hat.

Only individuals with the appropriate experience, skills, and training will be authorized as designated erectors. All employees that will be working as designated erectors under the safety monitoring system shall have been trained and instructed in the following areas:

1. Recognition of the fall hazards in the work area (at the leading edge and when making initial connections-point of erection).
2. Avoidance of fall hazards using established work practices which have been made known to the employees.
3. Recognition of unsafe practices or working conditions that could lead to a fall, such as windy conditions.
4. The function, use, and operation of safety monitoring systems, guardrail systems, body belt/harness systems, control zones and other protection to be used.
5. The correct procedure for erecting, maintaining, disassembling and inspecting the system(s) to be used.
6. Knowledge of construction sequence or the erection plan.

A conference will take place prior to starting work involving all members of the erection crew and supervisors of any other concerned contractors. This conference will be conducted by the framing supervisor in charge of the project. During the pre-work conference, framing procedures and sequences pertinent to this job will be thoroughly discussed and safety practices to be used throughout the specific work activity will be outlined. Further, all personnel will be informed that the controlled access zones are off limits to all personnel other than those designated erectors specifically trained to work in that area.

The duties of the safety monitor are to:

1. Warn by voice when approaching the open edge in an unsafe manner.
2. Warn by voice if there is a dangerous situation developing which cannot be seen by another person involved with product placement, such as a member getting out of control.
3. Make the designated erectors aware they are in a dangerous area.
4. Be competent in recognizing fall hazards.
5. Warn employees when they appear to be unaware of a fall hazard or are acting in an unsafe manner.
6. Be on the same walking/working surface as the monitored employees and within visual sighting distance of the monitored employees.
7. Be close enough to communicate orally with the employees.
8. Not allow other responsibilities to encumber monitoring. If the safety monitor becomes too encumbered with other responsibilities, the monitor shall (1) stop the erection process; and (2) turn over other responsibilities to a designated erector; or (3) turn over the safety monitoring function to another designated, competent person. The safety monitoring system shall not be used when the wind is strong enough to cause loads with large surface areas to swing out of radius, or result in loss of control of the load, or when weather conditions cause the walking-working surfaces to become icy or slippery.

Controlled Access Zone

A controlled access zone means an area designated and clearly marked with signage at all entrances to the work area, in which leading edge work may take place without the use of guardrail, safety net or personal fall arrest systems to protect the employees in the area. Control zone systems shall comply with the following provisions:

1. When used to control access to areas where leading edge and other operations are taking place the controlled access zone shall be defined by a control line or by any other means that restricts access. When control lines are used, they shall be erected or clearly marked not less than 6 ft. (1.8 m) nor more than 60 feet (18 m) or half the length of the member being erected, whichever is less, from the leading edge.
2. The control line shall extend along the entire length of the unprotected or leading edge and shall be approximately parallel to the unprotected or leading edge.
3. The control line shall be connected on each side to a guardrail system or wall.
4. Control lines shall consist of ropes, wires, tapes, or equivalent materials, and supporting stanchions as follows:
 - a. Each line shall be flagged or otherwise clearly marked at not more than 6-foot (1.8 m) intervals with high-visibility material.
 - b. Each line shall be rigged and supported in such a way that its lowest point (including sag) is not less than 39 inches (1 m) from the walking/working surface and its highest point is not more than 45 inches (1.3 m) from the walking/working surface.
 - c. Each line shall have a minimum breaking strength of 200 pounds (.88 kN).

* Interior scaffolds cannot be utilized on this job because the interior bracing used to hold walls plumb and lined straight reduces movement and access along scaffold planks. Furthermore, random brace locations make scaffold placement difficult or impossible since employees must use both hands maneuvering trusses and joists and direct their attention up. They will be unable to watch their steps to avoid serious injury from tripping over braces that cross the scaffold. A trip hazard on scaffolding presents a greater hazard to employees than safe working procedures while on top plates. Finally, the standing on ladders or scaffolds would require the employees to nail the trusses at eye and chest level creating a greater hazard.

FrameSAFE Site-Specific Fall Protection Plan Acknowledgment

My signature below certifies that I understand the material presented and have no questions. I fully understand and am aware that if I have any questions regarding this training or my personal safety, I may ask my Supervisor and/or Employer for additional information and explanation.

Employee (Print Name)	Signature	Date
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Employee (Print Name)	Signature	Date
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