



"The Pacer"



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Basic Fall Protection

It is the responsibility for [Pacer Steel](#) to provide you with a means of protection from falls when you reach a working height of 6 feet or more. To achieve this Pacer must develop and implement a written fall protection work plan including each area of the work place where the employees are assigned and where fall hazards of **6 feet** or more exist.

The fall protection work plan must have these components:

- (a) Identify all fall hazards in the work area. (*Rebar walls, columns, leading edge work*)
- (b) Describe the method of fall arrest or fall restraint to be provided. (*Body harness, positioning hook, double lanyards*)
- (c) Describe the correct procedures for the assembly, maintenance, inspection, and disassembly of the fall protection system to be used. (*Basically means follow the manufactures recommendations of the equipment as to inspection and maintenance of safety equipment*)
- (d) Describe the correct procedures for the handling, storage, and securing of tools and materials. (*Tool belt storage in tool boxes, rebar placed for storage no closer than 6 feet from edge*)
- (e) Describe the method of providing overhead protection for workers who may be in, or pass through the area below the work site. (*This refers to you working above other workers, securing loose rebar, tie wire boxes misc. hand tools hickies, etc. Make sure they can't fall from the elevated work area.*)
- (f) Describe the method for prompt, safe removal of injured workers. (*It is Pacers responsibility to rescue a suspended worker; the plan must include a method of retrieving you should you become injured and end up hanging in your harness. Methods' could include ladders, aerial lifts, onsite tower or mobile crane to assist.*)
- (g) Be available on the job site for inspection by Department of Occupational Safety & Health. (*The site specific fall protection plan MUST be available to compliance officers who may visit your jobsite. This as well a current crew safety meeting minutes is required by state law to be onsite!*)

Training of Pacers Employees

Pacer Steel **MUST** ensure that their employees are trained in the use of Fall Protection equipment AND Training shall be documented and shall be available on the job site. (*Usually included in the site specific fall plan as part of your on the job orientation*)

What is 100% Fall Protection?

When you're using your "Positioning device system" (rebar assembly) it is used to support you on an elevated vertical surface, such as a rebar wall or column and allows you to work with both hands free while leaning. IT does not meet the criteria of FALL ARREST equipment, it is for POSITIONING only. **Pacer** is required that you be tied off 100% while at 6 feet or more. When you're on an elevated work surface you **MUST** use your **DOUBLE** lanyard while working AND moving about the rebar wall or column! When hooking off try to secure your hooks off as high above your head as possible to limit the FALL DISTANCE should you fall into your harness. Remember it's not the impact of your body into the harness that injures you; it's the striking of your body on the **HARD** concrete that causes the damage!