

Buechel Fire Protection District

SAFETY POLICIES

SP-0018

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Title: High Work

Approval Date – 7-15-1999

Section	Instruction
1.	<u>Purpose</u>
	Following safe work practices while working in high places prevents falls.
2.	<u>Scope</u>
	This section describes requirements for high work, which is defined as work performed while standing or sitting higher than six feet above ground or floor level.
	High work includes, but is not limited to, elevated work performed on:
	<ul style="list-style-type: none">• Ladders• Scaffolds• Mobile work platforms
	Basic requirements are given for using ladders, scaffolds, and mobile work platforms, and personal fall protection equipment. These requirements apply to everyone that work for this district, including contractors.
3.	<u>Requirements</u>
	<ol style="list-style-type: none">1. All Ladders2. Never carry equipment or tools up a ladder with one hand. Hoist up tools after climbing, or have someone hand them up.3. Always face the ladder when climbing.4. Climb ladders one person at a time. (this only relates to work be preformed at the fire station.)
	A. Portable Ladders
	<ol style="list-style-type: none">1. Inspect ladders before each use. Do not use ladders with broken rungs, damaged feet, or other damaged parts.2. Position straight ladders so that:<ol style="list-style-type: none">a. The horizontal-to-vertical pitch is at a 1 to 4 ratio.b. At least three rungs of ladder should extend over the level being accessed.3. When climbing a straight ladder, it must be held steady by another person or be tied to a supporting structure.4. Never stand on the top step of a portable ladder.5. Move ladders frequently to avoid "over-reaching" and the risk of falling.6. Never use portable straight ladders in a horizontal position.

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	<ol style="list-style-type: none">7. Do not use metal ladders for work on electrical systems.8. Take damaged ladders out of service and have them repaired or destroyed. <p>B. Scaffolds</p> <ol style="list-style-type: none">1. All scaffolding construction must comply with regulatory requirements.2. Erect scaffolds so they are plumb and rigidly braced.3. Provide an access ladder if there is no other safe access.4. Guardrails and toe-boards must be installed on all scaffolds.5. Do not work on scaffolds during storms or periods with high winds.6. Never overload scaffolds beyond their rated capacity. <p>C. Mobile Work Platforms</p> <ol style="list-style-type: none">1. Inspect mobile work platforms for proper operation before using them.2. Only those trained to safely use the equipment may operate it.3. Follow all manufacturers' safety instructions for setting up and using the mobile work platform.4. Use personal fall protection equipment that is anchored to the platform at all times. <p>D. Personal Fall Protection Equipment</p> <ol style="list-style-type: none">1. Personal fall protection equipment is required for all high work except when:<ol style="list-style-type: none">a. Climbing and working on a properly secured ladderb. Working on a platform or scaffold protected by handrails2. Personal fall protection equipment must include a:<ol style="list-style-type: none">a. Full-body harness (belt-only harnesses are prohibited)b. Lanyardc. Anchoring point3. The fall protection system must limit the free-fall to six feet or less.4. Personal fall protection equipment must be manufactured to comply with ANSI standard Z359.1-1992.5. Inspect personal fall protection equipment before use and remove defective equipment from service.6. The supervisor of a high work job is responsible for:<ol style="list-style-type: none">a. Evaluating the need for personal fall protectionb. Using one of these options to protect workers performing high work:

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	<p>(1) Erect temporary scaffolding or use guarded platforms to protect workers from falling, or</p> <p>(2) Require personal fall protection systems to eliminate the free fall hazard.</p> <p>c. Taking precautions to protect workers from free fall hazards while installing temporary scaffolds or platforms, or while setting up personal fall protection systems.</p> <p>d. Assuring that all firefighters who perform high work are properly trained and understand the requirements.</p> <p>7. Each firefighter using personal fall protection equipment is responsible for:</p> <p>a. Inspecting the personal fall protection system prior to using it.</p> <p>b. Bringing any questions or concerns about the type of personal fall protection equipment or system installation to the attention of the supervisor.</p> <p>E. Training</p> <p>1. Train firefighters who will perform high work that involves personal fall protection equipment.</p> <p>a. As initial training (when hired)</p> <p>b. Annually thereafter</p> <p>2. This training should include:</p> <p>a. Proper wearing of body harnesses</p> <p>b. Proper attachment and anchorage of lanyards and lifelines</p> <p>c. Proper equipment use</p> <p>d. Inspection of lanyards, harnesses, lifelines, and devices</p> <p>e. Proper care and storage of personal fall protection equipment</p> <p>F. Documentation Summary:</p> <p>1. Files of these records are maintained in the training department.</p>