



Program Name: Fall Protection and Elevated Work		
Origination Date: 02/02/06	Revision Date: 04/17/23	
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Fall Protection and Elevated Work

1.0 PURPOSE AND INTRODUCTION

To establish fall protection safety procedures for Pitt County Schools employees engaged in any of the following work situations:

- Use of stairway floor openings, railings, guards and toe boards,
- Work on, or use of, wall openings and holes from which there is a drop of more than 4 feet,
- Work on, or use of, open sided floors, platforms and runways in which there is a drop of more than 4 feet,
- Use of portable and/ or fixed ladders,
- Use of bucket trucks or moveable platforms (lifts), and/or
- Work in construction workplaces with unprotected sides and edges (i.e. roofs) that are more than 6 feet above a lower level

2.0 PORTABLE LADDERS

2.1 All ladder types should be free of defects and hazards (i.e. sharp edges, etc.).

2.2 The selected ladder should be of sufficient strength to meet test requirements set by OSHA, and shall be protected against corrosion, unless inherently corrosion resistant. Ladders will also meet specifications for rung spacing, step type, general specifications, minimum width for side rails, and maximum length as set by OSHA regulations.

2.3 Ladders must be maintained in usable condition at all times.

2.4 Ladders should be inspected prior to each use for damage or defects, and should be immediately inspected if they tip over, or are exposed to oil, grease, or other chemicals.

2.5 Any ladder having defects should be marked and taken out of service until it is repaired.

2.6 When ascending or descending, employees must face the ladder.

2.7 When using a stepladder make sure the spreader is in the locked position.

2.8 Ladders must not be tied or fastened together to provide longer sections.



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2.9 Ladders must not be used as braces, skids or for any other purpose other than its intended use, unless specifically recommended by the manufacturer.

2.10 Use the correct ladder for the job. If the ladder is not long enough, use a ladder that is the correct height (**step ladders should not be longer than twenty feet however**).

2.11 Do not stand on the top four rungs of a ladder or the top step of a stepladder.

2.12 Never move, extend, or shift a ladder while someone is still on it.

2.13 Never stand "off-center", or reach too far while on the ladder.

2.14 Never let go of a ladder with more than one hand. Use a belt, shoulder strap, or rope hoist to carry tools up or down.

2.15 Never use a metal ladder close to power lines.

2.16 Ladders used to gain access to a roof or other area shall extend at least 3 feet above the point of support.

3.0 FIXED LADDERS

If any fixed ladder is damaged or defective, notify your supervisor so that it can be repaired or taken out of service.

4.0 ARIAL LIFTS AND MOVEABLE LIFTS

4.1 Only trained employees shall operate the bucket truck or lift (i.e. genie lift).

4.2 Employees shall always stand firmly on the floor of the basket or lift, and shall not sit or climb on the edge of the basket or use planks, ladders, or other devices for a work position.

4.3 A body harness shall be worn and a lanyard attached to the boom, basket, or lift when working from the equipment.

4.4 The brakes shall be set and outriggers shall be positioned on pads or a solid surface. Wheel chocks shall be installed before using a truck or lift on an incline.

4.5 The bucket truck nor the lift shall be moved when the boom is elevated in a working position with employees in the basket, unless the equipment is specifically designed for that use.



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- 4.6 The bucket truck shall have both platform (upper) and lower controls, with the upper controls easily accessible to the operator and the lower controls capable of overriding the upper controls in the case of an emergency.
- 4.7 The insulated portion of the lifting platform or bucket (if applicable) will not be altered in any manner that might reduce its insulating value.

5.0 WORK PRACTICES

- 5.1 Employees will not perform work on steep-sloped roofs. A contractor whose work practices meet the requirements of the applicable OSHA standards to perform this work shall be used instead.
- 5.2 Employees will not perform work on roofs during below freezing temperatures and bad weather, i.e. heavy rain, snow, sleet, high winds, lightning or other conditions that create slip, trip, and fall hazards.

6.0 REFERENCE DOCUMENTS

- 6.1 North Carolina Occupational Safety and Health Administration. **Occupational Safety and Health Standards for General Industry: 1910.23, Guarding Floor and Wall Openings and Holes.** Raleigh, NC: N.C. Department of Labor.
- 6.2 North Carolina Occupational Safety and Health Administration. **Occupational Safety and Health Standards for General Industry: 1910.26, Portable Metal Ladders.** Raleigh, NC: N.C. Department of Labor.
- 6.3 North Carolina Occupational Safety and Health Administration. **Occupational Safety and Health Standards for General Industry: 1910.27, Fixed Ladders.** Raleigh, NC: N.C. Department of Labor.
- 6.4 North Carolina Occupational Safety and Health Administration. **Occupational Safety and Health Standards for General Industry: Subpart F, Powered Platforms, Manlifts, and Vehicle-Mounted Work Platforms.** Raleigh, NC: N.C. Department of Labor.
- 6.5 North Carolina Occupational Safety and Health Administration. **Occupational Safety and Health Standards for Construction: Subpart M, Fall Protection.** Raleigh, NC: N.C. Department of Labor.
- 6.6 North Carolina Occupational Safety and Health Administration. **Occupational Safety and Health Standards for Construction: Subpart X, Ladders.** Raleigh, NC: N.C. Department of Labor.