




Cooke Municipal Golf and Curling, Main Building, Fall Protection Plan

Prepared by: Gordon Hood, Coordinator Health Safety and Environment

Approved by: Jody Boulet, Director of Community Services

Signature:  Practice No: 7.1.65

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Purpose

The main purpose of this safe work practice is to ensure the protection of staff and contractors from falls while performing work on roof of the main building at the Cooke Municipal Golf and Curling Club. This building has a roof with a slope of 0.5/12 and is foam coated with an under layer of metal sheet roofing. It is located at 900 22nd street East Prince Albert, Sask.

This fall protection plan is designed to ensure compliance with the *Saskatchewan Employment Act* and Part IX of the *Occupational Health and Safety Regulations, 1996*. Due to the very low slope rating this roof is designated as level in compliance with section 116.2 of the *Occupational Health and Safety Regulations, 1996*. Excluded from the level designation is the small entrance section with asphalt shingles located on the south side of the building.

Scope

This practice applies to all employees of the city of Prince Albert and contractors performing work for the city. Contractors will have the option of supplying an alternate written fall protection plan that meets or exceeds the legislated requirements and if approved by their city supervisor and the Coordinator Health Safety and Environment, they may use that alternate plan. The plan being used must be on site at all times that it is being used and workers trained in the contents and requirements contained within the plan.

Note: failure to follow this fall protection plan can result in discipline up to and including termination.

Required Equipment & PPE:

- CSA Safety Boots

Work Process Required PPE and optional items identified in overall plan

- Gloves
- Safety Goggles
- Hard Hat
- Harness, cable anchorage connector, lanyard and rope grab

General Work Procedure:

1. Ensure all equipment to be used is ready for use and has been inspected to ensure safe performance.
2. Perform a hazard assessment.
3. Access to the roof is to be from the fixed ladder located near the deck on the north side of the building. This ladder is to be inspected each time that it is used.
4. All tools and equipment required for the work process, that cannot be carried in back packs or tool belts are to be either hauled to the roof surface with the use of the rope pull, or hoisted using a lift or crane.
5. All workers accessing the roof will use a three point stance on the ladder at all times. Once on the roof surface they will proceed directly south to a location within the identified control zone or Guardrail areas (Approved area). See Appendix A.
6. All work is to be completed within the approved work areas unless additional procedures are put in place.

Additional Procedures that may be used in wet, icy, snow covered periods or if other additional hazards are present that warrant additional protection as identified in the hazard assessment. These additional procedures must be followed if working within 2m of the edge of the roof unless the work can be performed by other means which do not require the worker to be on the roof surface.

- First worker on roof will proceed to the air handling system and secure a cable anchorage connector and rope grab to a substantial metal component with a strength of at least 3.5 kilonewtons (800 lb.). This process can be repeated if more than 1 worker will be accessing the roof. Rope grabs will be lowered to the ladder area.
- All workers using this system are to then connect their personal fall protection harness with a lanyard to the rope grab in a configuration that prevents them from getting to the edge of the roof. This is to be completed as soon as the worker leaves the ladder. As the worker moves up the roof the rope grab is to be shortened. If work is to be performed outside the area of this substantial structure then anchor points or other connection points that can handle at least 3.5 kilonewtons (800 lbs.) must be used. If temporary anchor points are installed they

must be rated at 22.2 kilonewtons (5000 lbs.) and installed as per manufacturer's instructions to provide an effective rating of at least 8.75 kilonewtons (2000 lbs.).

- Upon the completion of work all workers will only disconnect from the rope grab as they can reach the side rails of the ladder.
- The last worker will collect all pylons and lower/carry them to the ground. That worker will then disconnect all other workers cable connectors and rope grabs and lower them back to ground. When all of that is completed he may disconnect himself from the rope grab and remove his personal rope grab and anchorage connector and proceed directly north to the ladder. Upon arrival at the ladder he will hold onto the side rail and lower the components to the ground and then descend the ladder.
- If there is an emergency during this process call 911 for assistance.

7. Other Optional approved work procedures

- As opposed to using personal travel restraint systems within the 2m edge of the roof this work may be performed by the use of aerial lifts which do not require the worker to access the roof surface with or without a lifeline system.
- This process can be upgraded to a fall protection system by the use of anchor points able to withstand 22.2 kilonewtons (5000 lbs.)/worker attached. If anchor points cannot be installed on the roof a crane with a rated hook capacity of at least 22.2kilonewtons (5000 lbs.)/worker attached may be used.
- For the small entrance section of the building either anchor points, guardrails or a scaffold system with guardrails are other alternatives that are approved under this fall protection plan. Ladders used to access this section must extend at least 1 m above the roof surface and be secured in place.

Appendix A: PAGCC Control Zone and guardrails/Approved work area

