



Personal Fall Arrest Equipment Task Training Guide for Surface M/NM

Standard Identification: 30 CFR 56.15005 Safety Belts and Lines (*Rules To Live By*)
 30 CFR 46.7 New Task Training (*Rules To Live By*)
 30 CFR 48.27 Training of Miners Assigned To A Task In Which They
 Have Had No Previous Experience;

Type of Equipment: Personal Fall Arrest Equipment

Training Materials Needed:

- This Task Training Guide (*Revise as needed*)
- Personal Fall Arrest Equipment Used At Your Mine
- Printed Materials
 - Company Fall Protection Safety Policy
 - Workplace Examination Sheet
 - Users Equipment Instruction Manuals – *Manufactures instructions supersedes this guide*
 - Written HazCom and SDS/MSDS's Program

Assessment

The Instructor will describe the importance of being prepared to work at heights, workplace exams, being able to recognize fall hazards, and describe inspection and donning procedures.

The Learner will describe the importance of being prepared to work at heights, workplace exams, be able to recognize fall hazards, and describe inspection and donning procedures.

Information	Extra Talking Points	✓
Comprehensive and Site Specific Training	Previous training verified	
Fall Protection/Arrest Company Policy	Allow employee time to read and understand	
User Instruction Manual	Allow employee time to read and understand	
Employee Assessment (Mental & Physical)	Self-evaluate: tired, scared of heights, medical conditions.....	
Recognizing Fall Hazards	<ul style="list-style-type: none"> • Can I fall and get hurt? • Eliminate where possible 	
Workplace Examinations (<i>30 CFR 56.18002</i>)	Environmental and other workplace factors such as anchorage points and sharp edges	
Equipment Variations	Important to evaluate proper equipment for each application	

The consequences of not following or understanding manufacturer's instructions and policy may lead to injury or death

Equipment

Information

Extra Talking Points



Identifying Equipment:

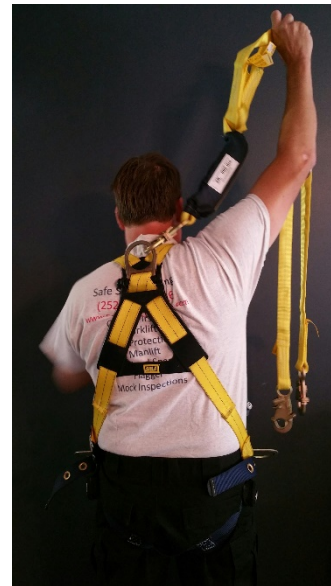
Anchorage and anchorage connectors must be independent and capable of supporting 5,000 lbs. per employee attached, or designed, installed and used under the supervision of a qualified person as part of a complete personal fall arrest system which maintains a safety factor of at least two. They must also be located high enough for a worker to avoid contact with a lower level should a fall occur.

A full body harness is a body support device that distributes fall arrest forces across the shoulders, thighs and pelvis. Full body harnesses have a center back fall arrest attachment for connection to the fall arrest connecting device and may have other D-rings for use in worker positioning, fall prevention, suspension or ladder climbing.

The connecting means for personal fall arrest is often a lanyard equipped with an energy-absorbing element to reduce the energy transmitted to the user's body in the event of a fall. Self-retracting lifelines or fall limiters reduce free-fall distance as well as reducing energy loads from a fall.

**1 person = 5,000 pound anchorage
2 people = 10,000 pound anchorage**

Don't think, "Will this hold me?" Think, "Will this hold my pickup truck?"



Anchorage and anchorage connectors



Beam, girder, column or floor that can support the forces exerted in arresting a fall.

"Anchorage Connector" to refer to the component by which the connecting device is coupled to the anchorage. It may be a beam anchor, cross-arm strap, D-bolt, hook anchor, tripod, davit or other secure device that serves as a point of attachment for lifelines, lanyards or deceleration devices.

Full Body Harness

- The only form of body wear acceptable for fall arrest.
- Side and front D-rings on full body harnesses are for positioning only

Notes:

Safe Steps



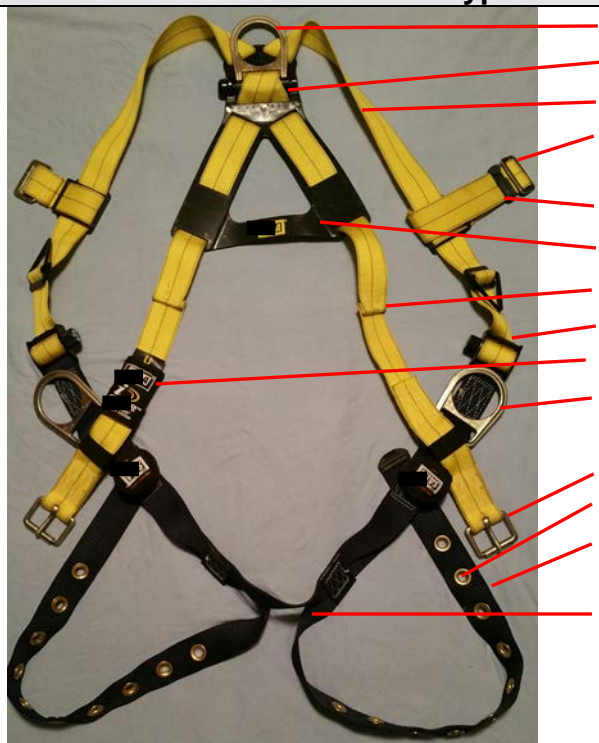
Information	Extra Talking Points	✓
Connecting Means	Energy-absorbing lanyard or self-retracting lanyard, lifeline and fall arrester	
Calculating fall distance	Depends on actual arrest equipment	
Below depicts using a 6' lanyard with shock absorbing device		
<p>The diagram illustrates a fall arrest system. A worker, represented by a blue stick figure, is 6 feet tall. A yellow lanyard is attached to a horizontal grey bar above. The lanyard is 6 feet long. A shock absorber, shown as a blue double-headed arrow, is 3 1/2 feet long. The total fall distance is the sum of the lanyard length, the shock absorber length, and the worker's height, which is 18 1/2 feet. A brown bar at the bottom represents the ground level.</p>	<p>6' Lanyard</p> <p>3 1/2' deployed shock absorber</p> <p>6' Tall employee</p> <p>3' Safety factor</p> <p>18 1/2'</p>	
Objects	Check for objects in the possible fall path that may injure you (beams, posts, etc.)	
Knots	Never tie knots in lanyards to make the length shorter (it reduces the strength)	
<p>Swing falls can occur when the system is not anchored directly above the user. The force of striking an object in a pendulum motion can cause serious injury. Always minimize swing falls by working as directly below the anchorage point as possible. It is a good practice to not exceed 15 degrees from the vertical. Some self-retracting systems may allow more. Never exceed the manufacture guidelines.</p>	<p>The diagram shows a worker on the left with a lanyard attached to a grey bar above. The lanyard is at an angle. An arrow points to the right, where the worker is shown swinging and striking a horizontal grey bar.</p>	
Notes:		

Safe Steps



Information	Extra Talking Points	✓
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Typical Harness Example



- Dee Ring
 - Dee Pad
 - Nylon Webbing
 - Chest Buckle

 - Elastic Keepers
 - Back strap
 - Arrest Indicator Stitching
 - Strap Adjuster
 - Tagging system
 - Positioning ONLY Dee

 - Tongue buckle
 - Grommets
 - Leg Strap

 - Sub-pelvic strap
- Always refer to your harness manufactures user manual for complete description***

Harness Inspection - - Inspection of Webbing ✓ Pass × Fail Criteria

Always refer to your harness manufactures user manual for complete instructions

Grab the webbing with your hands 6" to 8" apart. Bend the webbing in an inverted "U" as shown. The surface tension resulting makes damaged fibers or cuts easier to detect. Follow this procedure the entire length of the webbing, inspecting both sides of each strap. Look for frayed edges, broken fibers, pulled stitches, cuts, burns and chemical damage.

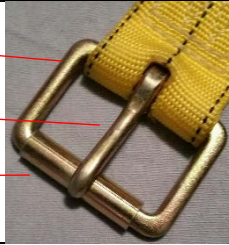





X Cuts, nicks or tears		
X Broken fibers/cracks		
X Overall deterioration		
X Modifications by user		
X Fraying/Abrasions		
X ✓ Discoloration of material	Dependent on cause of discoloration	
X Hard or shiny spots	Indicates heat damage	
X Webbing thickness uneven	Indicates possible fall	



Notes:



Safe Steps






Information	Extra Talking Points	✓
Continued Inspection of Webbing ✓Pass X Fail Criteria		
✓ Mildew	Clean harness	
X Missing Straps		
X Undue Stretching	Indicates possible fall	
X Burnt, charred or melted fibers	Indicates heat damage	
X ✓ Material marked w/permanent marker	Check with manufacturer	
X Excessive hardness or brittleness	Indicates heat or UV damage	
Harness Inspection - - Inspection of Stitching ✓Pass X Fail Criteria		
X Pulled stitches		
X Stitching that is missing		
X Hard or shiny spots	Indicates heat damage	
X Cut stitches		
X ✓ Discoloration of stitching	Dependent on cause of discoloration	
Harness Inspection - - Inspection of Hardware ✓Pass X Fail Criteria		
X Distortion (twists, bends)		
X Rust or corrosion		
X Broken/distorted grommets		
X Modification by users (i.e. additional holes)		
X Tongue buckle should overlap the buckle frame/roller and move freely back and forth in their socket.	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> <p>Frame</p> <p>Tongue</p> <p>Roller</p> </div>  </div>	
X Roller of tongue buckle should turn freely on frame		
X Bars must be straight		
X All springs must be in working condition		
X Rough or sharp edges		
X Cracks or breaks		
Harness Inspection - - Tagging System ✓Pass X Fail Criteria		
X Check tag for date of manufacture and remove from service if past adopted service life policy	Every harness must have a legible tag identifying the harness, model, date of manufacture, name of manufacturer, limitations and warnings	
X If tagging system is missing or not legible remove harness from service		
Notes:		

Information	Extra Talking Points	✓
Lanyard Inspection - - Inspection of Webbing ✓ Pass ✗ Fail Criteria		
Always refer to your lanyard manufactures user manual for complete instructions		
<p>Grab the webbing with your hands 6” to 8” apart. Bend the webbing in an inverted “U”. The surface tension resulting makes damaged fibers or cuts easier to detect. Follow this procedure the entire length of the webbing, inspecting both sides of each strap. Look for frayed edges, broken fibers, pulled stitches, cuts, burns and chemical damage Pay attention the wrinkled portion of the lanyard</p>		
— Double-leg Lanyard —		
✗ Cuts, nicks or tears		
✗ Broken fibers/cracks		
✗ Overall deterioration		
✗ Modifications by user		
✗ Fraying/Abrasions		
✗ ✓ Discoloration of material	Dependent on cause of discoloration	
✗ Hard or shiny spots	Indicates heat damage	
✗ Change in core size	Indicates possible fall	
✓ Mildew	Clean harness	
✗ Missing or popped flag	Indicates possible fall	
✗ Undue Stretching	Indicates possible fall	
✗ Burnt, charred or melted fibers	Indicates heat damage	
✗ ✓ Material marked w/permanent marker	Check w/manufacturer	
✗ Excessive hardness or brittleness	Indicates heat or UV damage	
✗ Knots in lanyard		
Lanyard Inspection - - Inspection of Stitching ✓ Pass ✗ Fail Criteria		
✗ Pulled stitches		
✗ Stitching that is missing		
✗ Hard or shiny spots	Indicates heat damage	
✗ Cut stitches		
✗ ✓ Discoloration of stitching	Dependent on cause of discoloration	
Lanyard Inspection - - Inspection of Snap Hooks ✓ Pass ✗ Fail Criteria		
✗ Snap hooks should be of the self-locking type		
<p>Safe Steps</p> 		

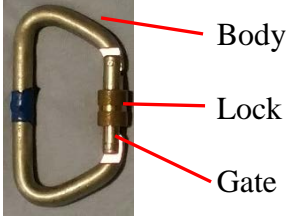



Information	Extra Talking Points	✓
Lanyard Inspection - - Inspection of Snap Hooks ✓ Pass ✗ Fail Criteria		
✗ No hook or eye distortion (twists, bends or elongation)		
✗ Latch/keeper should seat into the nose w/o binding		
✗ Latch/keeper should not be distorted or obstructed		
✗ Overall deterioration/Excessive wear		
✗ Modifications by user		
✗ Rust/pitting/corrosion		
✗ No cracks		
✗ No excessive wear		
✗ No missing parts		
✗ No rough or sharp edges		
✗ Disengage locking mechanism and open keeper (keeper should open freely)		
✗ Disengage locking mechanism and release (locking mechanism should return to engaged position)		
✗ Check keeper spring action by opening the keeper and releasing. (Keeper should return to closed position without hanging up, it should not close slowly.)		
✗ Push on keeper without engaging locking mechanism (keeper should not open)		
✗ Check to see the keeper is seated firmly on the snap hook nose – there should be no side play (lateral movement)		
Lanyard Inspection - - Inspection of Tagging System ✓ Pass ✗ Fail Criteria		
✗ Check tag for date of manufacture and remove from service if past adopted service life policy	Every lanyard must have a legible tag identifying the lanyard, model, date of manufacture, name of manufacturer, limitations and warnings	
✗ If tagging system is missing remove lanyard from service		
Notes:		
		
Information	Extra Talking Points	✓

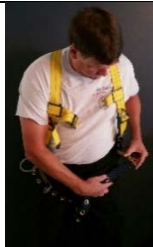



Shock Absorber Inspection - - Inspection of Pack ✓Pass ✗ Fail Criteria		
<i>Always refer to your shock absorber manufactures user manual for complete instructions</i>		
X Burn holes		
X Tears/cuts		
X Modifications by user		
X Chemical attack		
X Obvious signs of deterioration		
X Pulled stitches		
X Stitching that is missing		
X Hard or shiny spots	Indicates heat damage	
X Cut stitches		
X Discoloration of stitching	Dependent on cause of discoloration	
X Obvious signs of deterioration		
X Cuts or frays on End Loops	There should be no damage to the end loops	
X Obvious signs of deterioration on End Loops	There should be no damage to the end loops	
Shock Absorber Inspection - - Inspection of Snap Hooks ✓Pass ✗ Fail Criteria		
X Snap hooks should be of the self-locking type		
X No hook or eye distortion (twists, bends or elongation)		
X Latch/keeper should seat into the nose w/o binding		
X Latch/keeper should not be distorted or obstructed		
X Overall deterioration/Excessive wear		
X Modifications by the user		
X Rust/pitting/corrosion		
X No cracks		
X No excessive wear		
X No missing parts		
X No rough or sharp edges		
X Disengage locking mechanism and open keeper (keeper should open freely)	When released it should return to engaged position.	
X Check keeper spring action by opening the keeper and releasing. (Keeper should return to closed position without hanging up, it should not close slowly.)		
		
Information	Extra Talking Points	✓
Shock Absorber Inspection - - Inspection of Snap Hooks ✓Pass ✗ Fail Criteria		
X Push on keeper without engaging locking		

mechanism (keeper should not open)		
X Check to see the keeper is seated firmly on the snap hook nose – there should be no side play (lateral movement)		
Shock Absorber Inspection - - Inspection of Tagging System ✓Pass X Fail Criteria		
X Check tag for date of manufacture and remove from service if past adopted service life policy	Every pouch must have a legible tag identifying the pouch, model, date of manufacture, name of manufacturer, limitations and warnings	
X If tagging system is missing remove lanyard from service		
Fall Limiter Inspection - - Inspection of Housing / Line ✓Pass X Fail Criteria		
<i>Always refer to your self-retracting lanyard manufactures user manual for complete instructions</i>		
<p>Webbing</p> <p>Snaphook</p>		<p>Device housing</p>
When inspecting a self-retracting lanyard be sure to pull out all the lifeline material.	Lifeline must be inspected end to end.	
X Check the load impact indicator for activation (if retractable is equipped with one)	Dependent on manufacture. Refer to instructions.	
X Loose fasteners	Ensure casing bolts are tight (if equipped)	
X Physical damage or missing parts		
X Cracks or wear		
X Check all connecting areas-no deformations allowed		
X Corrosion		
X Overall deterioration		
X Modifications by user		
X Bent, cracked, distorted, worn or malfunctioning parts		
X Inspect lifeline for cuts, burns, corrosion, kinks, frays or worn areas		
X Inspect lifeline sewing for loose, broken or damaged stitches		
X✓ Inspect lifeline for discoloration	Dependent on cause of discoloration	
Notes:		
		
Information	Extra Talking Points	✓
Fall Limiter Inspection - - Inspection of Housing / Webbing ✓Pass X Fail Criteria		
X Inspect housing inside and out (if applicable) for deformations, cracks, physical damage		
X✓ Check for paint, dirt grease or other materials (contaminants)	Remove contaminants as per manufactures instructions	

X Hard or shiny spots	Indicates heat damage	
X Change in core size	Indicates possible fall	
X✓ Mildew	Clean lanyard	
X Undue Stretching	Indicates possible fall	
X Burnt, charred or melted fibers	Indicates heat damage	
X Material marked w/permanent marker	Check with manufacturer	
X Excessive hardness or brittleness	Indicates heat or UV damage	
X Knots in lanyard		
Fall Limiter Inspection - - Inspection of Wire Rope ✓Pass X Fail Criteria		
X Cuts, frayed areas		
X Worn or broken strands/wires		
X Overall deterioration/Excessive outside wear		
X Modifications by the user		
X Rust/pitting/corrosion		
X Crushed/jammed or flattened strands		
X Bulges in rope		
X Gaps between strands		
X Heat damage, torch burns or electric arc strikes		
X Kinks, bird-caging		
X Core protrusion		
X Do not use frozen rope		
X Fittings	<ul style="list-style-type: none"> • Wear, cracks, corrosion, or pitting • Deformation/bends • Mismatched parts or modification • Obvious damage 	
X Splices	<ul style="list-style-type: none"> • Worn or broken wires • Crushed/jammed or flattened strands • corrosion 	
Fall Limiter Inspection - - Lanyard Retraction and Tension Test		
1. Mount self-retracting lanyard on anchorage point		
2. Pull out 50% of the lifeline length	After step 4 repeat 2-4 with 100% of lifeline	
3. Maintain a light tension on the lifeline		
4. Allow lifeline to retract back into housing	Always maintain light tension when lifeline is retracting	
The lifeline should pull out freely and retract all the way back into the unit. Remove from service if the device does not pass this test		
		
Information	Extra Talking Points	✓
Fall Limiter Inspection - - Lanyard Braking Test		
1. Mount self-retracting lanyard on anchorage point		
2. Grasp lifeline and apply a sharp steady pull downward until brakes engage		
3. Keep tension on lifeline until brakes are		

fully engaged		
4. Release tension		
5. Allow lifeline to retract into housing under light tension		
The brakes should engage. There should be no slippage of the lifeline while the brakes are engaged. Once tension is released, the brakes should disengage and the unit should return to retractable mode. Remove from service if device does not pass this test		
Fall Limiter Inspection - - Inspection of Snap Hooks ✓Pass × Fail Criteria		
X Snap hooks should be of the self-locking type		
X No hook or eye distortion (twists, bends or elongation)		
X Latch/keeper should seat into the nose w/o binding		
X Latch/keeper should not be distorted or obstructed		
X Overall deterioration/Excessive wear		
X Modifications by the user		
X Rust/pitting/corrosion		
X No cracks		
X No excessive wear		
X No missing parts		
X No rough or sharp edges		
X Disengage locking mechanism and open keeper (keeper should open freely)	When released it should return to engaged position.	
X Check keeper spring action by opening the keeper and releasing. (Keeper should return to closed position without hanging up, it should not close slowly.)		
X Push on keeper without engaging locking mechanism (keeper should not open)		
X Check to see the keeper is seated firmly on the snap hook nose – there should be no side play (lateral movement)		
X Swivel connections must not be loose and be allowed to swivel freely as designed		
X No physical damage, cracks, bends, deformations		
Notes:		
		
Information	Extra Talking Points	✓
Fall Limiter Inspection - - Inspection of Tagging System ✓Pass × Fail Criteria		
X Check tag for date of manufacture and remove from service if past adopted service life policy	Every retractable should have an identification system, with details such as month of manufacture, name of manufacturer, limitations and warnings	
X If tagging system is missing or not legible		

remove retractable from service		
Carabineer Inspection (if applicable)		
<i>Always refer to your carabineer manufactures user manual for complete instructions</i>		
Wear or Cracks Corrosion or Pitting Deformations / Bends Obvious Damage Springs back freely Locks correctly		
Follow instructions in manuals for cleaning Fall Protection/Arrest Equipment		
Typical Storage Recommendations		
Storage Areas	Clean, dry, free from exposure to fumes, heat, direct ultra violet light, sunlight and corrosive elements	
Typical Harness Donning (refer to manual for specific instructions)		
Step One: <ul style="list-style-type: none"> Hold harness by back D-ring and untangle harness straps. 		
Make certain straps are not twisted		
Ensure your weight with tools will not exceed harness rating		
Notes:		
		
Information	Extra Talking Points	✓
Harness Donning		
Step Two – Shoulder Straps: <ul style="list-style-type: none"> Slip harness over arms and onto shoulders Make certain all straps are not tangled and hang freely Shoulder straps should be kept vertical, not pulled into center of body. 		

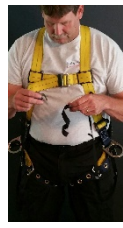
<p>Step Three – Leg Straps:</p> <ul style="list-style-type: none"> • Grab leg straps and connect to buckles • Pass excess strap through loop keepers • Leg straps should fit snugly 		<p>This is a good time to discuss the trauma both males and females can incur due to a loose fitting harness</p>	
<p>Step Four – Chest Strap:</p> <ul style="list-style-type: none"> • Attach chest strap • Strap should be 6 inches below top of shoulders • Pass excess strap through loop keeper 			
<p>Step Five – Adjusting:</p> <ul style="list-style-type: none"> • Shoulders; to tighten, pull up on free ends of straps. To loosen, push down on parachute adjuster buckle frame. Straps should be adjusted to same length. • Chest Strap; to tighten, pull free end of strap. To loosen, push on strap from free end through adjuster buckle and take up slack by pulling on adjuster buckle. To position, slide keeper up or down shoulder strap • Back D-ring; center between shoulder blades, slide D-ring and pad up or down along the webbing to position. 			
Improper connections			
<p>The integrity of a fall protection system depends on proper connection of all its components</p>			
<p>A. Do not attach two or more snap hooks or carabineers to a single D-ring</p>			
<p>B. Do not load a carabineer or snap hook at the gate.</p>			
			
Information	Extra Talking Points	✓	
Improper connections			
<p>C. Ensure that connections are compatible and secure</p>			
<p>D. Do not attach two snap hooks or carabineers together</p>			
<p>E. Do not tie back on a lanyard unless specifically designed to do so by the manufacturer.</p>			
<p>F. Ensure that the snap hook is closed and locked.</p>			



Suspension Trauma Straps

Allows suspended worker to stand up in harness to relieve pressure in the event of a fall. Helps with self-rescue. Can be purchased as an add-on to current harness.

Follow instruction manual for different types of straps.



Notes:



Common Part 56 Standards Relating To Fall Protection and Working At Heights


The following standards are not all inclusive. Please take the time to evaluate which standards are relevant to your organization and make revisions as necessary.


30 CFR § 56.11001 Safe access.

Safe means of access shall be provided and maintained to all working places.

30 CFR § 56.11002 Handrails and toeboards.

Crossovers, elevated walkways, elevated ramps, and stairways shall be of substantial construction provided with handrails, and maintained in good condition. Where necessary, toeboards shall be provided.

30 CFR § 56.11003 Construction and maintenance of ladders.		
Ladders shall be of substantial construction and maintained in good condition		
30 CFR § 56.11004 Portable rigid ladders.		
Portable rigid ladders shall be provided with suitable bases and placed securely when used		
30 CFR § 56.11011 Use of ladders.		
Persons using ladders shall face the ladders and have both hands free for climbing and descending.		
30 CFR § 56.11012 Protection for openings around travelways.		
Openings above, below, or near travelways through which persons or materials may fall shall be protected by railings, barriers, or covers. Where it is impractical to install such protective devices, adequate warning signals shall be installed.		
30 CFR § 56.11025 Railed landings, backguards, and other protection for fixed ladders.		
Fixed ladders, except on mobile equipment, shall be offset and have substantial railed landings at least every 30 feet unless backguards or equivalent protection, such as safety belts and safety lines, are provided.		
30 CFR § 56.11027 Scaffolds and working platforms.		
Scaffolds and working platforms shall be of substantial construction and provided with handrails and maintained in good condition. Floor boards shall be laid properly and the scaffolds and working platforms shall not be overloaded. Working platforms shall be provided with toeboards when necessary		
30 CFR § 56.14100 Safety defects; examination, correction and records. (Rules To Live By (b))		
SAFETY DEVICES AND MAINTENANCE REQUIREMENTS		
(b) Defects on any equipment, machinery, and tools that affect safety shall be corrected in a timely manner to prevent the creation of a hazard to persons.		
(c) When defects make continued operation hazardous to persons, the defective items including self-propelled mobile equipment shall be taken out of service and placed in a designated area posted for that purpose, or a tag or other effective method of marking the defective items shall be used to prohibit further use until the defects are corrected.		
		
Common 30 CFR Standards Relating To Fall Protection and Working At Heights		
30 CFR § 56.14205 Machinery, equipment, and tools. (Rules To Live By)		
Machinery, equipment, and tools shall not be used beyond the design capacity intended by the manufacturer where such use may create a hazard to persons.		
30 CFR § 56.15002 Hard hats.		
All persons shall wear suitable hard hats when in or around a mine or plant where falling objects may create a hazard.		
30 CFR § 56.15003 Protective footwear.		
All persons shall wear suitable protective footwear when in or around an area of a mine or plant where a hazard exists which could cause an injury to the feet.		

30 CFR § 56.15004 Eye protection.	All persons shall wear safety glasses, goggles, or face shields or other suitable protective devices when in or around an area of a mine or plant where a hazard exists which could cause injury to unprotected eyes.	
30 CFR § 56.15005 Safety belts and lines. (Rules To Live By)	Safety belts and lines shall be worn when persons work where there is danger of falling; a second person shall tend the lifeline when bins, tanks, or other dangerous areas are entered.	
30 CFR § 56.15006 Protective equipment and clothing for hazards and irritants.	Special protective equipment and special protective clothing shall be provided, maintained in a sanitary and reliable condition and used whenever hazards of process or environment, chemical hazards, radiological hazards, or mechanical irritants are encountered in a manner capable of causing injury or impairment.	
30 CFR § 56.15007 Protective equipment or clothing for welding, cutting, or working with molten metal.	Protective clothing or equipment and face shields, or goggles shall be worn when welding, cutting, or working with molten metal.	
30 CFR § 56.16002 Bins, hoppers, silos, tanks, and surge piles. (Rules To Live By)	(c) Where persons are required to enter any facility listed in this standard for maintenance or inspection purposes, ladders, platforms, or staging shall be provided. No person shall enter the facility until the supply and discharge of materials have ceased and the supply and discharge equipment is locked out. Persons entering the facility shall wear a safety belt or harness equipped with a lifeline suitably fastened. A second person, similarly equipped, shall be stationed near where the lifeline is fastened and shall constantly adjust it or keep it tight as needed, with minimum slack.	
		
Common 30 CFR Standards Relating To Fall Protection and Working At Heights		
30 CFR § 56.16009 Suspended loads. (Rules To Live By)	Persons shall stay clear of suspended loads.	
30 CFR § 56.16010 Dropping materials from overhead.	To protect personnel, material shall not be dropped from an overhead elevation until the drop area is first cleared of personnel and the area is then either guarded or a suitable warning is given.	
30 CFR § 56.16011 Riding hoisted loads or on the hoist hook.	Persons shall not ride on loads being moved by cranes or derricks, nor shall they ride the hoisting hooks unless such method eliminates a greater hazard.	
30 CFR § 56.17001 Illumination of surface working areas.	Illumination sufficient to provide safe working conditions shall be provided in and on all surface structures, paths, walkways, stairways, switch panels, loading and dumping sites, and work areas.	
30 CFR § 56.18002 Examination of working places.		

(a) A competent person designated by the operator shall examine each working place at least once each shift for conditions which may adversely affect safety or health. The operator shall promptly initiate appropriate action to correct such conditions.

30 CFR § 56.18020 Working alone.

No employee shall be assigned, or allowed, or be required to perform work alone in any area where hazardous conditions exist that would endanger his safety unless he can communicate with others, can be heard, or can be seen.

30 CFR § 56.19075 Use of open hooks.

Open hooks shall not be used to hoist buckets or other conveyances.

30 CFR § 56.20003 Housekeeping.

At all mining operations--

- (a) Workplaces, passageways, storerooms, and service rooms shall be kept clean and orderly;
- (b) The floor of every workplace shall be maintained in a clean and, so far as possible, dry condition. Where wet processes are used, drainage shall be maintained, and false floors, platforms, mats, or other dry standing places shall be provided where practicable; and
- (c) Every floor, working place, and passageway shall be kept free from protruding nails, splinters, holes, or loose boards, as practicable.

30 CFR § 56.20011 Barricades and warning signs. (Rules To Live By)

Areas where health or safety hazards exist that are not immediately obvious to employees shall be barricaded, or warning signs shall be posted at all approaches. Warning signs shall be readily visible, legible, and display the nature of the hazard and any protective action required.

Notes:



§56.18002 Examination of working places.

- (a) A competent person designated by the operator shall examine each working place at least once each shift for conditions which may adversely affect safety or health. The operator shall promptly initiate appropriate action to correct such conditions.
- (b) A record that such examinations were conducted shall be kept by the operator for a period of one year, and shall be made available for review by the Secretary or his authorized representative.
- (c) In addition, conditions that may present an imminent danger which are noted by the person conducting the examination shall be brought to the immediate attention of the operator who shall withdraw all persons from the area affected (except persons referred to in section 104(c) of the Federal Mine Safety and Health Act of 1977) until the danger is abated.

Common Things To Look For When Conducting A Workplace Exam Involving Working At Heights

(Each working place is different and as such, no list is all inclusive but rather to be used as a helpful guide)

_____ Safe Access to fall-hazard area

_____ Condition of floors and other surfaces

- _____ Hot objects, sparks, flames, and heat-producing objects
- _____ Electrical and chemical hazards
- _____ Sharp objects
- _____ Abrasive surfaces
- _____ Moving equipment and materials that could snag equipment or you
- _____ Impact of weather factors
- _____ Any other maintenance or work environment issues or conditions
- _____ Location and Distances to Obstructions
- _____ Work-paths and movement of the workers
- _____ Lock-Out/Tag-Out hazards
- _____ Anchorage locations accessible



Task Training Checklist Reminder and Follow-up

- _____ Fall Protection/Arrest Task Training Document Used
- _____ Company policy: Fall Protection
- _____ Common 30 CFR Regulations Concerning Fall Protection
- _____ Users Instruction Manual(s)
- _____ Information about the physical and health hazards of chemicals in the miner's work area.
- _____ The protective measures a miner can take against those chemical hazards

- _____ The contents of company policy: Hazard Communication Program
- _____ Demonstrated proper understanding of hazard assessment in relation to falls
- _____ Demonstrated proper understanding of calculating a fall distance
- _____ Demonstrated proper fall protection equipment inspection
- _____ Demonstrated proper fall protection equipment donning
- _____ Supervised practice in the assigned tasks, and the performance of work duties in either a non-production or production setting.
- _____ Demonstrates understanding of proper workplace examination

After completion of training

- _____ Issue 5000-23 or alternate
- _____ File a copy to be accessible upon request