

If not, can I use fall arrest?	<i>If yes, complete Fall Hazard Analysis for Fall Arrest and Rescue Plan.</i>
Other?	

FALL HAZARD ANALYSIS FOR FALL ARREST

Are there any existing approved anchorage points I can use? Where?	<i>See building/area/facility mgr.</i>
Is it labeled as an approved anchorage point or obviously capable of holding 5000 lbs or more as determined by a qualified person?	<i>See building/area/facility mgr.</i>
If not, can approved pre-manufactured or engineered anchorages be installed?	<i>See building/area/facility mgr.</i>
Do I have the right equipment (full body harness, minimum length lanyard, shock absorber, connecting hardware, I-beam strap, self-retracting lifeline, etc)?	
What is the clearance or distance I may fall into?	
Is there at least 15 – 18 ft of clear space from anchorage point before the next level down? (calculate fall distance to include lanyard length, deceleration distance of 3.5 ft, your height, one foot of harness slack, elongation factor, and safety factor). If not enough clearance a self retracting life-line must be used.	
What is between me and the ground or floor below?	
I have a shock absorbing lanyard if I'm using a horizontal life line.	
What will I hit on the way down?	
How would I be rescued if I fall and am suspended in the harness? (Develop rescue plan)	

RESCUE PLAN

What is the emergency contact information of professional rescue services available, such as the local Fire Dept., and what are the instructions for summoning immediate assistance?	
Is rescue equipment immediately available for this location? (Ladders, aerial devices, elevating work platforms, tripods, additional harnesses, controlled decent devices, winches, pulleys, etc.)	
What obstructions are in the way reaching the suspended worker?	
How will rescue be assured within 15 minutes of the occurrence of a fall to minimize the risk of further injury or death due to suspension trauma?	
What communication system will be used between the suspended worker and the rescue team?	

RETURN COMPLETED FORM TO SAFETY DEPT. WHEN JOB IS COMPLETE