

# Regulations for Fall Protection

**Contractors have the duty to provide a safe work place for employees. Numerous regulations and standards are in place to mandate this. Understanding these requirements is key to ensuring a safe work environment.**

The Occupational Safety and Health Act (OSHA) under Title 29 of the Code of Federal Regulations (29 CFR) assures and enforces safe and healthful working conditions for general industry and construction in the United States. Under the Act, employers have the duty of providing their workers with a place of employment free from recognized safety and health hazards. It's the law.

The American National Standards Institute (ANSI) and the Canadian Standards Association (CSA) are voluntary organizations made up of manufacturers and consumers that establish product performance standards for fall protection safety. Meeting the standards indicates that products pass accepted testing procedures. The standards are not enforceable as law, however many OSHA regulations are adopted from ANSI standards.

## **OSHA Regulations Governing Construction—[www.osha.gov](http://www.osha.gov)**

(29 CFR PART 1926)

Subpart E covers some requirements for personal protective equipment.

1926.104 Safety Belts, Lifelines and Lanyards

1926.105 Safety Nets

Subpart L covers scaffolds. 1926.450-454

Subpart M covers fall protection in its entirety and explains when and where fall protection systems are required and for what construction work activities. It also defines system component requirements.

1926.500 Scope, Application and Definitions

1926.501 Duty to Have Fall Protection

1926.502 Fall Protection Systems Criteria and Practices

1926.503 Training Requirements

Subpart R covers issues specific to steel erection.

1926.760 Fall Protection

Subpart X covers ladders. 1926.1053

## **OSHA Regulations Governing General Industry—[www.osha.gov](http://www.osha.gov)**

(29 CFR PART 1910)

Subpart D mentions a few specific fall protection requirements relative to walking/working surfaces.

1910.27(d)(5) Fixed Ladders – Ladder Safety Devices

1910.28(j)(4) Safety Requirements for Scaffolding – Bosun's Chairs

Subpart F covers fall protection as it pertains to powered platforms, manlifts and vehicle-mounted work platforms.

- 1910.66 Powered Platforms for Building Maintenance  
1910.66 Appendix C Personal Fall Arrest Systems

Subpart J covers general environmental controls in which confined spaces are addressed.

- 1910.146 Permit-Required Confined Spaces

Subpart R is for issues specific to special industries.

- 1910.268 Telecommunications  
1910.269 Electric Power Generation, Transmission and Distribution

Additional Industry-Specific OSHA Regulations

- 1917 Marine Terminals  
1918 Long Shoring

#### **ANSI Standards**—[www.ansi.org](http://www.ansi.org)

- A10.8-2011 Scaffolding Safety Requirements  
A10.11-2010 Safety Requirement for Personnel and Debris Nets  
A14.3-2008 Ladder Safety Requirements  
Z117.1-2003 Safety Requirements for Confined Space  
Z359.1-2007 Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components  
Z359.6 (R2009) Safety Requirements and Specifications for Personal Fall Arrest Systems  
Z359.7 (R2011) Qualification and Verification Testing for Fall Protection Products  
Z359.13 (2009) Safety Requirements for Lanyards and Energy Absorbers for Personal Fall Arrest Systems

#### **CSA Standards**—[www.csa.ca](http://www.csa.ca)

- Z259.1-05 (R2010) Body Belts and Saddles for Work Positioning and Travel Restraint  
Z259.2.1-98 (R2011) Fall Arresters, Vertical Lifelines and Rails  
Z259.2.2-98 (R2000) Self-Retracting Devices for Personal Fall Arrest Systems  
Z259.2.3-12 Descent Devices  
Z259.10-12 Full-Body Harnesses  
Z259.11-05 (R2010) Energy Shock Absorber and Lanyards  
Z259.12-01 (R2008) Connecting Components for Personal Fall Arrest Systems  
Z259.13-04 (R2009) Flexible Horizontal Lifeline Systems  
Z259.14-12 Fall Restraint Equipment for Wood Pole Climbing

For all applicable regulations and standards covering fall protection, go to [www.spiderstaging.com](http://www.spiderstaging.com)

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