Fall Protection
Safe Access at Heights

Includes many subjects, including

- Ladders
- Scaffolds
- Roofs
- Decks
2013 L&I Modified & Renamed Regulation to: “Fall protection requirements for construction.”

The purpose of this overview is for **AWARENESS**

It applies to “construction situations” not “building code requirements”

If you have a question, concern or need help or **Fall Protection Training**

Contact Property & Construction
New L&I name
“Fall protection requirements for construction.”

The old Part C-1 rule name was “Fall restraint and fall arrest.”

Now it is simply called “Fall protection requirements for construction.”
Part C-1 rule…

“Fall protection requirements for construction.”

…brings together the fall protection requirements that were found in multiple sections in the Construction Safety Standard, into one location.
Sections of the new rule INCLUDE

- Definitions
- General requirements
- Fall protection required regardless of height
- Fall protection required at 4 feet or more
- Fall protection required at 10 feet or more
- Fall arrest specifications
- Fall restraint specifications
- Training
Fall restraint specifications

- “Full body harness” is now being used throughout the rule.
- Body belts are no longer allowed as an option for fall restraint.
- “Standard guardrail system” is used for consistency throughout the rule.
“Fall protection requirements for construction.”

**Trigger Heights**

Fall hazards can occur at any level. There are **three threshold levels** =

**Trigger Heights**

which have fall hazard concerns and requirements

0 4 10 Feet
Trigger Heights

0 feet

4 feet

10 feet
Trigger Height
0 Feet

- Next to Dangerous Equipment
- Holes / Openings
- Impalement Hazards
Trigger Height
0 Feet
Hole
Trigger Height
0 Feet

Hole

- Install a marked cover capable of supporting at least 200 lbs., with a safety factor of 4 that can’t be moved.
- While the cover is not in place, the floor hole must be protected by a standard guardrail system.
Trigger Height
0 Feet
Floor Opening
Install a standard guardrail system along all open sides, except at entrance to stairway or ladder. A cover is an option, but may be impractical depending on the size of the opening.
Trigger Height
0 Feet
Impalement
Trigger Height
0 Feet
Skylights
Trigger Height
0 Feet
Pits / Trap Doors
Walking/working surfaces, with open sides, wall openings, ramps, or runways.

This includes work on steep pitch roofs, hazardous slopes, etc.
Trigger Height
4 Feet
Working above a guardrail
Trigger Height
4 Feet
Wall Opening