

JAGUAR ENERGY SERVICES, LLC 310 N Parkerson Ave Crowley, LA 70526	Fall Protection
Original Date of Implementation: October 2013 New Effective Date:	Plan Revision Date: TBD Page 1 of 16
Reviewed By: Jared Monk	Reviewed Date: 01/10/2022

Section 32.0 FALL PROTECTION

A. Purpose

The purpose of this procedure is to establish the safety requirements for **JAGUAR ENERGY SERVICES, LLC** personnel when working at heights and enable **JAGUAR ENERGY SERVICES, LLC** to comply with OSHA 29 CFR 1926.500.

JAGUAR ENERGY SERVICES, LLC personnel periodically perform work tasks that involve exposure to fall hazards.

With proper training and equipment, fall related incidents and accidents can be avoided.

B. Scope

This procedure applies to all work conducted at unprotected heights of four (4) feet or more.

This procedure includes fall hazard identification and proper use and maintenance of fall protection devices.

Responsibilities

1. The Safety Coordinator or his/her designee is responsible for ensuring that employees have completed the training required by this procedure.
 - (a) Additional responsibilities include:
 - (i) Ensuring that employees have been properly trained.
 - (ii) The implementation of this Policy.
 - (iii) Take corrective actions on all violations or suspected violations of this procedure.
 - (iv) Documentation of completion by each employee.
2. The Supervisor is responsible for providing assistance in the implementation of this policy.
 - (a) Additional responsibilities include:
 - (i) Informing the Safety Director of any incidents involving Fall Protection.
 - (ii) Making suggestions to management for ways to improve this Policy.

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3. **JAGUAR ENERGY SERVICES, LLC** personnel are responsible for identifying fall hazards at each customer site where they perform services and applying this procedure as required.
 - (a) Additional responsibilities include:
 - (i) Completing **JAGUAR ENERGY SERVICES, LLC** required training on this procedure.
 - (ii) Implementing the training received.
 - (iii) Procuring a safety harness from the district office to work at unprotected heights over six feet (1.8 meters).
 - (iv) Familiarizing themselves with the fall protection systems in use at their customer facilities.
 - (v) Does not design, erect, or disassemble scaffolding.
 - (vi) Will be classified as User Scaffolding personnel only.
4. It will be the responsibility of the client to provide proper anchorage points, design, erect, inspect, and disassemble all scaffolding.

C. Procedure

1. When conventional fall protection is not used these locations must be identified and classified as controlled access zones.
 - (a) This will be the responsibility of the competent person on location.
2. When it is not feasible or it creates a greater hazard to use conventional fall protection such as fixed platforms and stairs with proper stationary hand rails, **JAGUAR ENERGY SERVICES, LLC** will develop and implement a site specific fall plan for each project.
3. The fall protection plan shall be prepared by a qualified person and shall be site specific.
 - (a) The supervisor in charge will be trained as a competent person to conduct a site specific Fall Analysis and develop a fall protection plan for each project.
 - (i) See Appendix B, for a copy of the Fall Hazard Analysis Form to be used.
4. Every safety precaution such as proper scaffolding, man lifts, handrails, personal fall arrest systems, safety nets, and vehicle mounted work platforms will be utilized.
5. All employees who are potentially exposed to falls from heights of 4 feet or more to lower levels shall be provided and required to use guard rails, safety nets, or wear full body harnesses with a fall arrest system, i.e., lanyards with shock absorbing attachments, when standard methods of protection would not be feasible or they would create a greater hazard.

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- (a) This requirement applies also to all work near and/or adjacent to excavations.
- 6. The exposure determination shall be made without regards to the use of PPE.
- 7. The supervisor in charge must discuss the extent to which scaffolds, ladders, or vehicle mounted work platforms can be mounted.
- 8. Where no alternate methods have been implemented a safety monitoring system shall be implemented.
 - (a) A competent person will be assigned to:
 - (i) Recognize fall hazards
 - (ii) Monitor the safety of all employees and warn them when it appears to the monitor that they are unaware of the hazard or are acting in an unsafe manner.
 - (iii) Be on the same working surface and within visual sighting distance of the employees.
 - (iv) Stay close enough to verbally communicate with the employees.
 - (v) Not have other assignments that would take his/her attention from the monitoring function.
 - (vi)
- 9. When conventional fall protection is not used these locations must be identified and classified as controlled access zones.
- 10. Accidents and near misses will be investigated on all incidents in order to determine if the site specific fall protection program is flawed.
 - (a) Changes that will correct the deficiencies in the program will be implemented.
 - (b) If a deficiency is found to exist, all previous training will become obsolete and modified retraining will be implemented as soon as possible.
- 11. When purchasing equipment and raw materials for use in personal fall arrest systems they shall meet the requirements of the appropriate OSHA, ANSI, and ASTM standards.
- 12. Fall protection system shall limit free fall to 6 feet.
- 13. Tasks that may require **JAGUAR ENERGY SERVICES, LLC** personnel to work at unprotected heights of more than six feet (1.8 meters).
 - (a) Examples where fall protection systems shall be used are:
 - (i) Exhaust systems
 - (ii) Ventilator hoods
 - (iii) Overhead piping or vessels
 - (iv) Air inlet systems
 - (v) Ancillary skids

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- (vi) Elevated working positions where a fall hazard exists and there is no physical protection such as handrails.
- (vii) On roofs with a slope greater than 3 inches in 12 inches where catch platforms are not provided.
- (viii) On open steel, form work, piping, or equipment (except under certain conditions when connecting structural steel or erecting scaffolds).
- (ix) Work being performed from a ladder that requires pushing, pulling, twisting, turning, straining, or other action of the body that could result in a fall from the ladder.
- (x) For all work from suspended stages, rigger's floats, boatswain's chairs, or similar type of suspended scaffolds.

14. **Personal Fall Arrest Systems (PFAS)**

Personal fall systems must consist of a full body harness with a shock absorbing lanyard.

- (a) All components of the system used must be from the same manufacturer.
- (b) Body belts are not acceptable for use as fall protection devices.

15. **Safety Belts**

Safety belts are for positioning work only.

- (a) They offer no type of fall protection and for this reason **JAGUAR ENERGY SERVICES, LLC** does not allow the use of Safety belts.
- (b) Only full body harnesses will be used.

16. **Full Body Harnesses**

Full body harnesses shall be used for fall protection and shall have a lanyard with a shock absorber or fall-restricting device made into the lanyard.

- (a) Class 3 full-body harness with leg straps and "D" ring at center of back shall be used to arrest free falls or for retrieval purposes, such as removal of a person from a tank or bin.

17. **Lanyards**

A lanyard is a flexible line to secure a wearer of a safety belt or harness to a dropline, lifeline, or fixed anchorage above the point of operation with a shock absorber or fall-restricting device made into it. It shall have a nominal breaking strength of 5,400 pounds and shall meet one of the following specifications.

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- (a) A nylon webbing.
 - (b) Nylon rope, 1 1/2-inch in diameter, is recommended for most uses.
 - (i) It shall not be used where contact with acids is possible.
 - (c) "Dacron" rope, 1 1/2-inch in diameter, is recommended for use where there could be exposure to mild acids and has good resistance to wear and abrasion.
 - (i) Caution: A knot will reduce the strength of a rope lanyard by 50 percent.
 - (d) Flexible aircraft steel cable, 7/32-inch minimum diameter, either plain or plastic covered, may be used as a lanyard or restraining line.
 - (i) This type lanyard shall not be used for general-purpose use as the rigidity of the system greatly magnifies the impact loading.
 - (ii) In addition, this type should not be used if an electrical hazard is present.
 - (e) Webbing lanyards shall be 7/8 inch wide, and shall be latex impregnated for greater abrasion resistance.
 - (i) Either nylon or "Dacron" may be used, with nylon being the most common.
 - (ii) Webbing lanyards used on belts without "D" rings shall terminate in a sewn eye slipped onto the belt and stitched to the belt at the back.
 - (iii) A snap hook shall be sewn to the free end.
 - (f) All lanyards shall be used with a double locking snap when used with a fall-arresting device.
 - (g) Care shall be exercised to ensure that the lanyard is not cut, pinched, or led over a sharp edge.
 - (h) In hot-work operations, or those involving the use of acids, solvents, or caustics, the lanyard shall be kept clear to avoid its being burned or weakened.
 - (i) In order to keep the lanyard continuously attached to a fixed structure, with a minimum of slack, the attachment point of the lanyard shall be appropriately changed as the work progresses.
18. Deceleration Mechanism
- (a) Self-retracting lifelines and lanyards which automatically limit fall distance to two feet or less, shall be capable of sustaining a minimum tensile load of 3000 lb. applied to the device with the lifeline or lanyard in fully extended position.
19. Snaphooks shall not be engaged:
- (a) Directly to webbing

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- (b) To rope or wire rope
- (c) To each other
- (d) To a Dee-ring to which another snaphook or other connector is attached
- (e) To a horizontal lifeline
- (f) To an object which is incompatibly shaped or dimensioned in relation to the snaphook, such that unintentional disengagement could occur by the connected object being able to depress the snaphook keeper and release itself.

20. Lifeline

A lifeline is a flexible line from a fixed anchorage or between two fixed anchorage points to which the lanyard or belt is secured.

- (a) Vertical Lifeline (Dropline) is a line suspended from a fixed anchorage, independent of the work surface, to which the lanyard is attached.
 - (i) A drop line shall have a minimum breaking strength of 5,400 lb. It shall be at least 1/2-inch in diameter nylon or polyester or 3/8-inch diameter wire rope.
 - (ii) Each employee is required to be attached to a separate lifeline (Dropline).
- (b) Horizontal Lifeline is a line between two fixed anchorage points independent of and above the work surface, to which a lanyard is secured by means of a safe sliding connection.
 - (i) Lifelines shall be designed to support 5,400 lb. per person at the center of at least two fixed anchorage points, and shall be at least 1/2-inch wire rope or equal.
- (c) Retracting Lifelines allow free travel without slack rope, but lock instantly when a fall begins.

21. **JAGUAR ENERGY SERVICES, LLC** shall provide for prompt rescue of employees in event of a fall, or shall assure that employees are able to rescue themselves by:

- (a) Making sure there are trained personnel with adequate fall protection devices to aid in case of an emergency.
- (b) Making sure that personnel do not work alone while using fall arrest systems.
- (c) Have at least one person trained in First Aid/CPR on duty at all times.
- (d) Making arrangements with local Fire Departments, medical facilities, and ambulance services prior to the start of all projects.
 - (i) The phone numbers of each will be available at the work location.

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(ii)
22. **Guardrail Systems**

- (a) **JAGUAR ENERGY SERVICES, LLC** personnel must assess whether a customer site has adequate guardrail systems.
- (b) It is not necessary or practical to test guardrail components, but a qualitative assessment of guardrail systems should be conducted.
- (c) Guardrails with flimsy or deteriorated components will not provide adequate protection in the event of a fall.
- (d) Guard rails shall be constructed with a top rail at least 42 inches (1.1 meters) from the walking/working surface.
- (e) In the absence of a wall or pre-cast wall at least 21 inches (.5 meter) high between the top guard rail and the working surface, a mid-rail, screen, or mesh shall be constructed between the top rail and the working surface.
- (f) Screens or mesh must extend from the top guard rail to the working surface and between the vertical top rail supports.
- (g) Mid-rails must be located midway between the working surface and the top rail.
- (h) Top rails must be capable of withstanding, without failure, a force of at least 200 pounds (90.1 kilograms).
- (i) Wire ropes used as top rails must be flagged at 6 foot (1.8 meter) intervals.
- (j) Mid-rails, screens, and mesh must be capable of withstanding a force of 150 pounds (68 kilograms).
- (k) Top rails and mid-rails shall have a minimum diameter of ¼ inch (4 millimeters).

23. **Safety Nets**

- (a) Although safety nets may be used at a customer site, they are not considered adequate fall protection for **JAGUAR ENERGY SERVICES, LLC** personnel.
- (b) If safety nets are to be used as a primary means of fall protection, the Safety Director must be consulted.
- (c) A specific plan that includes the design of the netting system, drop testing, and employee training (developed by the customer) must be reviewed and approved.

24. **Tie-off Points**

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- (a) A tie-off Point (Anchorage) is a secure point of attachment, not part of the work surface, to which droplines, lifelines, or lanyards are affixed.
- (b) Employees must tie-off to a substantial support, free of sharp edges and residue, which could cause the lanyard to fail.
- (c) A substantial support is defined as being capable of supporting 5,000 pounds (2,272 kilograms) per employee.
- (d) Examples include:
 - (i) Steel members
 - (ii) Horizontal piping at least 6" in diameter, properly anchored and permanently supported
 - (iii) I-beams
 - (iv) Large eye bolts
 - (v) Guardrails
 - (vi) Masonry or wood members
 - (vii) Properly designed (by an engineer or other competent person) lifelines provided by the customer
- (e) The following items may not be substantial and should be avoided as tie-off supports:
 - (i) Fuel lines.
 - (ii) Electrical conduit.
 - (iii) Supports with rough or sharp edges.
- (f) If vertical lifelines are used, each employee must be secured to a separate vertical lifeline.
- (g) Employees shall tie-off when:
 - (i) Working on any incomplete scaffolding.
 - (ii) Working on any ladder or climbing device, which could, if struck, fall with the employee.
 - (iii) Extending beyond the shoulders over a railing.
 - (iv) The feet are not on the floor of the work platform, regardless of the presence of handrails or other restraining devices.
 - (i) This includes anytime that an employee climbs on a rail or other device, leaving the floor of the platform.
- (h) When selecting a tie-off point, in addition to selecting a substantial element, you must also ensure that it will provide you with adequate distance to fall safely.
 - (i) Tie-off must be to a substantial support, independent of the climbing device.
 - (ii) For this reason, tie-off points will generally be above your head.

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- (i) The maximum fall must not exceed the lanyard length plus the deceleration distance added to the height of the worker.
- (j) When connecting the lanyard to an anchor point you must:
 - (i) Ensure that the free fall distance will be six feet (1.8 meters) or less.
 - (i) This is generally determined by the length of your lanyard.
 - (ii) Check the fall path to ensure that no lower level, obstacle, or dangerous machinery will be struck should a fall occur.
 - (iii) Apply the following formula to calculate whether a selected tie-off point is appropriate.

Maximum Fall = Height of worker + Lanyard length + Max extension of shock absorber = (deceleration distance)

1. Another option is that anchorage be designed, installed, and used as follows:
 - (a) As part of a complete personal fall arrest system which maintains a safety factor of at least two.
 - (b) Under the supervision of a qualified person.

2. **Fall Protection Equipment Inspections**

All safety belts, harnesses, lifelines, lanyards, and accessories shall be inspected according to manufacturer's recommendations, not less than twice annually and visually before each use.

- (a) If a part is contaminated with dirt, pigment, or foreign materials that would interfere with visual inspection, it should be cleaned in mild detergent and water and dried.
- (b) All fall protection equipment must be inspected before each use by the employee.
- (c) Fall protection equipment must be inspected using the following procedure:
 - (i) Starting at the top or shoulders of the harness, inspect each web strap.
 - (ii) Examine points where webbing is sewn together or fastened, for loose fasteners, wear, tears, or signs of failure.
 - (iii) Examine each buckle for shape, missing parts, and metal damage or corrosion.
 - (iv) Examine each eyelet, and the area of webbing around the eyelet for stress, tears or signs of damage.

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- (v) Examine the entire length of the lanyard.
 - (i) Look for signs of stress, tears, wear or damage.
 - (vi) Test all safety clips on the harness.
 - (i) The presence of rust or corrosion in the moving parts of the fastener must be eliminated prior to using the device.
 - (ii) The safety clips at both ends of the lanyard must close freely and without assistance.
 - (vii) Check the shock absorbing device for signs of previous stress on the device.
 - (i) Many shock devices allow a portion of contrasting color webbing to be released signaling the need to replace the device when it has been stressed.
 - (ii) Refer to the manufacturer's manual, if necessary.
 - (viii) Check lifelines and lanyards for:
 - (i) Frayed or broken strands
 - (ii) Cuts
 - (iii) Abrasion
- (d) Fall protection equipment shall also be inspected at least annually by a competent person.
 - (i) The annual inspection will be documented using the checklist below and inspection documentation will be retained for at least five years.
- (e) Personal fall arrest systems and components subject to impact loading will be immediately removed from service and not used again, until inspected and determined by a competent person to be undamaged and/or repaired and suitable for reuse.
- (f) All defective components will be removed from service or repaired.
- (g) Safety belts, lanyards, or lifelines subjected to drop loading from actual use, or drop loading tests shall be rendered unfit for field use and destroyed.
- (h) Safety belts, harnesses, lifelines, lanyards, and accessories should be cleaned after use and stored in a clean, dry area at normal temperatures.
- (i) A destruction schedule shall be established at each location based upon frequency and severity of belt usage.

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- (i) A range of use from five to ten years is generally acceptable.
- (ii) The decision for the destruction schedule ultimately followed shall be based upon ANSI A10.14.5.3 and the experience of the site.

3. **Donning and Doffing a Safety Harnesses**

After inspection, each harness must be checked for proper alignment and directional orientation.

- (a) All buckles and D-rings must face the proper direction for proper donning.
 - (b) The employee shall follow manufacturer instructions for donning and doffing.
 - (c) Fall protection equipment must be stored properly and in an orderly fashion to prevent tangles.
 - (d) Proper doffing and storage will make it easier to don the harness for the next use.
4. Harnesses can become deadly whenever a worker is suspended for durations over five minutes in a upright posture, with legs relaxed straight beneath the body.
- (a) Suspension in an upright condition for longer than five minutes can be fatal or cause personal reproduction problems.
 - (b) The cause of this problem is called "suspension trauma.

B. SUSPENSION TRAUMA

Doctors have recognized this phenomenon for decades. Many users of fall protection equipment, rescue personnel, and safety and health professionals remain unaware of the hazard.

- 1. Suspension trauma death is caused by orthostatic incompetence (also called orthostatic intolerance).
- 2. Orthostatic incompetence can occur any time a person is required to stand quietly or hang in an upright position. This may be worsened by heat and dehydration.
- 3. It is commonly encountered in military parades where soldiers must stand at attention for prolonged periods.
 - (a) Personnel can prevent it by keeping their knees slightly bent so the leg muscles are engaged.
- 4. If a person is suspended by the harness in an upright position for an extended period of time gravity pulls blood into the lower legs, which have a very large storage capacity.
 - (a) Enough blood eventually accumulates so that return blood flow to the right chamber of the heart is reduced.

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flow to the right side of the heart after removal from the harness.

4. The proper procedure is to take from 30 to 40 minutes to move the victim from kneeling to a sitting to an up right position.

D. Training Requirements

1. **JAGUAR ENERGY SERVICES, LLC** personnel have been identified as personnel subject to fall hazards therefore they must be trained with the specific brand and model of fall protection they will use on the job.
2. The training will include the following topics (includes hands-on training):
 - (a) **JAGUAR ENERGY SERVICES, LLC's** Policy
 - (b) Regulatory Requirements
 - (c) Application Limits
 - (i) Estimation of Free Fall Distance
 - (ii) Including Determination of Deceleration Distance
 - (iii) Total Fall Distance to Prevent Striking a Lower Level
 - (d) Recognize fall hazards and methods to minimize these hazards.
 - (e) Methods to Use
 - (f) Inspection and Storage of System
 - (g) Manufacturer's Recommendations
 - (h) Inspection of the personal fall arrest system components.
 - (i) Proper donning and doffing techniques.
 - (j) Avoiding entrapment of body parts in the harness.
 - (k) Choosing proper tie-off points.
 - (l) Activities where fall protection will be a requirement regardless of other protection available.
 - (m) The process and practice of 100% tie-off as required at many customer sites.
 - (n) The use of fall protection on ladders, pipe racks, structural steel, scaffolds and other potential applications.
 - (o) The contents of this procedure.
3. The competent person will be trained to:
 - (a) Recognize fall hazards.
 - (b) Warn employees if they are unaware of a fall hazard or are acting in an unsafe manner.
 - (c) Be on the same working surface and in visual sight.
 - (d) Stay close enough for oral communication.
 - (e) Note other assignments that would take the monitor's attention from the monitoring function.
4. **JAGUAR ENERGY SERVICES, LLC** will have written Certification records that shall include the following:

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- (a) Who was trained.
- (b) Date of training.
- (c) Signature of instructor.
- (d) Signature of employer.
- (e) The date that the employer deemed the training adequate.

E. Training Frequency

1. **JAGUAR ENERGY SERVICES, LLC** personnel will be trained according to the following schedule:
 - (a) Initially upon hire.
 - (b) Immediately prior to use.
2. Retraining will be provided when the following are noted:
 - (a) When employee demonstrates deficient knowledge, thus a deficiency of training exists.
 - (b) Workplace changes
 - (c) Fall protection systems or equipment changes that render previous training obsolete.
 - (d) Changes in policy or equipment rendering training obsolete.

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JAGUAR ENERGY SERVICES, LLC
Fall Protection Inspection Checklist

Inspector Name and Title: _____ **Date:** _____

Equipment
Inspected _____
Number _____

Brand _____

Type of
Device _____

☐ Any equipment that has been exposed to a fall must be taken out of service, destroyed and discarded to prevent reuse.

- ☐ Indication of previous stress on lanyard or harness from sustained fall (i.e., contrasting webbing color or flag)
- ☐ Broken frays or strays in lanyards?
- ☐ Broken frays or strays in harness? Damaged or missing parts on buckle?
- ☐ Broken frays or strays in lifelines?
- ☐ Oxidation or distortion of metal connection devices?
- ☐ Equipment is clean and dry?

I hereby PASS FAIL (circle one) the above listed equipment.

Notes:

Inspections forms shall be retained for five years.

