

Safety by the Numbers

Fall Protection Requirements:

- 100% Fall protection is required at 6' and above.
- Fall Arrest anchor points must be capable of supporting 5000lbs. 1,800lbs for Fall Restraint.
- Roof warning lines must be back 15' from any unprotected edge.
- Top rails must be 42" (+/- 3"), mid rails 21 inches (+/- 3"), toe boards (4" nominal).
- Fixed lanyards required in scissor lifts. No SRLs.

Panel Lifting:

- Crane plans must be submitted and reviewed.
- Only workers critical to operation shall be in the lift area.
- Signal persons shall be trained.
- Rigging shall be inspected prior to each lift.

Stairs and Ladders:

- Elevation breaks in walking/working surfaces (19"+) require ladders, ramps, or stairs.
- Ramps 30" high or steps with 4 or more risers must have stair rails.
- Guard rails on ramps and stairs when exposed to a fall 6' or greater
- Extension ladders shall be secured at the top and extend 3 feet past landing and at a 4:1 angle.
- No ladders for accessing heights greater than 36'.
- Step ladders shall only be used with the spreaders locked. Top 2 steps are OFF LIMITS.

Scaffolds:

- All scaffolds must be inspected and the tag signed prior to use daily, after modification, and after severe weather, by a Competent Person.
- Rolling scaffolds shall have wheels locked and guard rails in place while in use.
- Narrow frame scaffolds shall have guardrails & outriggers when deck is set at 4' or higher.
- Scaffolds shall not exceed 4X (3X in CA) the minimum base dimension unless secured.
- Platforms must be at least 18 inches wide.
- Planks must extend 6" over supports (unless cleated) and no more than 12 inches.
- Minimum of 12" of overlap where planks are overlapped and over a horizontal support.
- Baseplates require 2 or more nails secured into an adequate mudsill.
- A toe board shall be erected along the edge of platforms more than 6' above lower levels.

Excavations/Trenches:

- Always call for locates prior to trenching or excavation and document markings with photos.

- Underground utilities shall be PHYSICALLY located before using mechanical equipment.
- 4'+ requires ladder access every 25 feet of travel in either direction.
- 5'+ deep requires; benching, sloping, or shoring (4' deep in Washington).
- 20'+requires a protective system designed by a Registered Professional Engineer.
- Competent Person(s) must perform daily written inspections (additional inspections are required when conditions change).
- Keep materials and spoils at least 2' away from the edge.
- Type A soil- ¾:1 slope, Type B soil- 1:1 slope, Type C soil- 1 ½ :1 slope

Steel Erection:

- Fall Protection and Recovery Plan required.
- Fall protection required at 6' per Alston Safety requirements.
- 2 bolts per initial connection, 4 bolts required for vertical connections.
- No more than 3000 sq. feet of unsecured decking.
- Controlled decking zone shall be clearly established.
- The area below overhead hazards shall be barricaded.

Electrical:

- All temporary cords shall be of construction grade and free of damage.
- GFCIs shall be used on all cords and plug sets.
- Lights shall meet the 5 foot candle standard and be supplied on a separate circuit from temporary power.
- Maintain 10 foot clearance from all powerlines.

Fire Safety:

- FE shall be placed near exits or designated column lines and near all portable generators and spark producing operations.
- FE shall be no less than 25' near and no more than 75' away from fueling stations.
- FE shall be on the roof when any hot work is taking place.
- The area below overhead hot work shall be barricaded or use a Fire Watch.