

## FALL PROTECTION COMPARISON BETWEEN VARIOUS OSHA STANDARDS, NAVY and EM 385 (2008) REQUIREMENTS

Requirements	Navy FP Chapter 13 of OPNAVINST 5100.23G (2005) and Fall Protection Guide for Ashore Facilities (2009)(New)	29 CFR 1910 General Industry Standard	USACE EM385-1-1 (2008) Section 21	29 CFR 1926 Construction Standard
<b>Threshold Height FP is required</b>	<ul style="list-style-type: none"> <li>• Above <b>4 feet</b> (5 feet for Shipyard)</li> </ul>	<ul style="list-style-type: none"> <li>• Above <b>4 feet</b></li> </ul>	<ul style="list-style-type: none"> <li>• Contractors - Above <b>6 feet</b></li> <li>• USACE- Personnel – Above <b>4 ft</b></li> </ul>	<ul style="list-style-type: none"> <li>• Above <b>6 feet</b></li> </ul>
<b>Development of Fall Protection Program</b>	<ul style="list-style-type: none"> <li>• Each Activity which has personnel exposed to fall hazards shall establish a managed fall protection program.</li> <li>• Navy Activities shall conduct fall hazard surveys and prepare survey reports.</li> <li>• Navy Activities shall prepare a site specific Fall Protection &amp; Prevention Plan (FP&amp;PP).</li> </ul>	<ul style="list-style-type: none"> <li>• Not addressed</li> </ul>	<ul style="list-style-type: none"> <li>• Contractors having personnel working at heights, exposed to fall hazards and using FP equipment shall develop a site specific Fall Protection and Prevention Plan (FP&amp;PP) and submit it to GDA for acceptance as part of APP.</li> <li>• USACE-Owned Facilities having personnel working at heights are required to develop a written FP program and a site specific FP&amp;PP.</li> <li>• Each USACE-Owned facility shall conduct a Fall Hazard Survey and prepare survey Report at exiting buildings or structures.</li> </ul>	<ul style="list-style-type: none"> <li>• Not addressed</li> </ul>
<b>Hierarchy of Controls for Fall hazards</b>	<ul style="list-style-type: none"> <li>• Elimination</li> <li>• Prevention</li> <li>• Engineering Controls</li> <li>• Administrative Controls</li> <li>• Personal Protective Systems and Equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Not addressed</li> </ul>	<ul style="list-style-type: none"> <li>• Elimination</li> <li>• Prevention</li> <li>• Work Platforms</li> <li>• Personal Protective Systems and Equipment</li> <li>• Administrative Controls</li> </ul>	<ul style="list-style-type: none"> <li>• Not addressed</li> </ul>

Fall Protection Systems and Equipment	Navy FP Program Chapter 13 of OPNAVINST 5100.23G and Fall Protection Guide for Ashore Facilities	29 CFR 1910 General Industry Standard	USACE EM385-1-1 Section 21	29 CFR 1926 Construction Standard
<p><b>Guardrails</b></p> <p><b>Constructed from wood, structural steel, pipe or steel cable</b></p>	<ul style="list-style-type: none"> <li>Consists of top and mid rails, posts, and toe boards (toe boards as applicable).</li> <li>Top rail shall be <b>42 +/- 3 inches</b> high and withstands a force of <b>200 lbs.</b></li> <li>Mid rails half way between top railing and walking/working level and shall withstand a force of <b>150 lbs.</b></li> <li>Posts spaced no more than <b>8 feet</b> apart.</li> <li>Toeboards shall be <b>3 ½ inches</b> high and shall withstand a force of <b>50 lbs.</b></li> </ul>	<ul style="list-style-type: none"> <li>Consists of top and mid rails, posts, and toe boards</li> <li>Top edge of railing shall be <b>42 + 3/- inches</b> high and withstands a force of <b>200 lbs.</b></li> <li>Mid rails half way between top railing and walking/working level and shall withstand a force of <b>150 lbs.</b></li> <li>Posts spaced no more than <b>8 feet</b> apart.</li> <li>Toeboards shall be <b>3 ½ inches</b> high and shall withstand a force of <b>50 lbs.</b></li> </ul>	<ul style="list-style-type: none"> <li>Consists of top, mid rails, posts, and toe boards.</li> <li>Top rail shall have a vertical height of <b>42 +/- 3 inches</b> and withstands a force of <b>200 lbs.</b></li> <li>Mid rails half way between top rail and staging, working platform, or runway and shall withstand a force of <b>150 lbs.</b></li> <li>Posts spaced no more than <b>8 feet</b> apart.</li> <li>Toeboards shall be <b>3 ½ inches</b> high and shall withstand a force of <b>50 lbs.</b></li> </ul>	<ul style="list-style-type: none"> <li>Consists of top and mid rails, posts, and toe boards</li> <li>Top edge of railing shall be <b>42 +/- 3 inches</b> high and withstands a force of <b>200 lbs.</b></li> <li>Mid rails half way between top railing and walking/working level.</li> <li>Posts spaced no more than <b>8 feet</b> apart.</li> <li>Toeboards shall be <b>3 ½ inches</b> high and shall withstand a force of <b>50 lbs.</b></li> </ul>
<p><b>Work Platforms</b></p>	<ul style="list-style-type: none"> <li>When working <b>≥ 4 feet</b> (5 feet for Shipyard) of the ground, the platform must be equipped with a standard guardrail or other fall protection systems.</li> <li>Suspended scaffolds require railing and vertical lifeline.</li> <li>Scissors lifts require railing.</li> </ul>	<p>Railing is required when working <b>≥ 4 feet</b> above the ground level.</p>	<ul style="list-style-type: none"> <li>FP required above <b>6 feet.</b></li> <li>Scaffolds shall be equipped w/guardrail or other FP system.</li> <li>For workers erecting and dismantling scaffolds, if it is not feasible to provide FP, an evaluation shall be conducted by the competent person detailing rationale why FP is not feasible shall be submitted to GDA for acceptance as part of AHA.</li> <li>Suspended scaffolds require railing and vertical lifeline.</li> <li>Scissors lifts require railing. If the scissor lift is equipped w/anchorage a restraint system with short lanyard shall be</li> </ul>	<ul style="list-style-type: none"> <li>When working <b>≥ 6 feet</b> above solid surface, platforms must be equipped with a standard guardrail or other fall protection system.</li> <li>Suspended scaffolds require railing and vertical lifeline.</li> <li>Scissors lifts require railing.</li> </ul>

			used.	
<b>Covers</b>	<ul style="list-style-type: none"> <li>• Install on any hole <b>2 inches</b> or more in its least dimension in walking working surfaces.</li> <li>• Shall be capable of supporting, without failure, at least twice the weight of employees, equipment, and materials that may be imposed on the cover at one time.</li> <li>• When covers are removed, a guardrail, attendant or other system shall be provided to protect floor holes or openings.</li> </ul>	<ul style="list-style-type: none"> <li>• Covers shall be capable of supporting without failure the maximum intended load of employees, equipment and material combined or 250 lbs which ever is greater.</li> <li>• Provide hinged floor opening cover of standard strength and construction equipped with guardrail or permanently attached.</li> </ul>	<ul style="list-style-type: none"> <li>• Install covers on any hole <b>2 inches</b> or more in its least dimension.</li> <li>• Shall be capable of supporting without failure, at least twice the weight of worker, equipment and material combined.</li> <li>• Shall be secured and color coded when installed.</li> </ul>	<ul style="list-style-type: none"> <li>• Install on any hole <b>2 inches</b> or more in its least dimension in walking working surfaces.</li> <li>• Shall be capable of supporting, without failure, at least twice the weight of employees, equipment, and materials that may be imposed on the cover at one time. No stipulation for removal.</li> </ul>
<b>Safety Net Systems</b>	<ul style="list-style-type: none"> <li>• Shall be installed as close as possible under the walking working surface with unprotected side or edge.</li> <li>• Maximum size of mesh opening shall not exceed <b>36 square inches</b> and no longer than <b>6 inches</b> on any side.</li> <li>• Minimum breaking strength of outer rope or webbing shall be <b>5,000 lbs.</b></li> <li>• Shall be tested immediately after installation with a <b>400 lbs</b> san bag dropped from the same elevation a worker might fall.</li> <li>• Specifies limits for safety net extension below the unprotected side or edge.</li> </ul>	<ul style="list-style-type: none"> <li>• Presently not addressed in 29 CFR 1910.</li> <li>• Addressed only in OSHA 29 CFR 1910 Notices of Proposed Rulemaking of 1990.</li> <li>• Similar requirement to 29 CFR 1926, Subpart M.</li> </ul>	<ul style="list-style-type: none"> <li>• Shall be installed as close as practicable under the walking, working surfaces, but not lower than <b>25 feet.</b></li> <li>• Maximum size of mesh opening shall not exceed <b>36 square inches</b> and no longer than <b>6 inches</b> on any side.</li> <li>• Minimum breaking strength of outer rope or webbing shall be <b>5,000 lbs.</b></li> <li>• Shall be tested immediately after installation with a <b>400 lbs</b> san bag dropped from a height at least <b>42 inches</b> above the walking and working surfaces.</li> <li>• Inspection: immediately after installation, weekly thereafter and following any repair or alteration. Inspection shall be documented.</li> <li>• Specifies limits for safety net</li> </ul>	<ul style="list-style-type: none"> <li>• Shall be installed as close as practicable under the walking, working surfaces, but not lower than <b>30 feet.</b></li> <li>• Minimum braking strength of outer rope or webbing shall be <b>5,000 lbs.</b></li> <li>• Maximum size of mesh opening shall not exceed <b>36 square inches</b> and no longer than <b>6 inches</b> on any side.</li> <li>• Shall be tested immediately after installation with a <b>400 lbs</b> san bag dropped from a height at least <b>42 inches</b> above the walking, working surfaces.</li> <li>• Specific limits for safety net extension below the unprotected side or edge.</li> </ul>

			extension below the unprotected side or edge	
<b>Personal Fall Arrest System (PFAS) Requirements</b>	<ul style="list-style-type: none"> <li>• Maximum free fall distance of <b>6 feet.</b></li> <li>• maximum arresting force of <b><u>1,800 lbs.</u></b></li> <li>• Shall stop the fall with a deceleration distance of less than <b><u>42 inches.</u></b></li> <li>• Prevent a person from contacting lower level or object.</li> <li>• Body belts are not authorized.</li> </ul>	<p>For walking/working surfaces, PFAS requirements are addressed in OSHA 29 CFR 1910 Notices of Proposed Rulemaking of 1990.</p> <ul style="list-style-type: none"> <li>• Maximum free fall distance of <b>6 feet.</b></li> <li>• maximum arresting force of <b><u>1,800 lbs.</u></b></li> <li>• Shall stop the fall with a deceleration distance of less than <b><u>42 inches.</u></b></li> <li>• Prevent a person from contacting lower level or object.</li> <li>• Body belts are prohibited.</li> </ul>	<ul style="list-style-type: none"> <li>• Maximum free fall distance of <b>6 feet.</b></li> <li>• maximum arresting force of <b><u>1,800 lbs.</u></b></li> <li>• Shall stop the fall with a deceleration distance of less than <b><u>42 inches.</u></b></li> <li>• Prevent a person from contacting lower level or object.</li> <li>• Body belts are not authorized.</li> </ul>	<ul style="list-style-type: none"> <li>• Maximum free fall distance of <b>6 feet.</b></li> <li>• maximum arresting force of <b><u>1,800 lbs.</u></b></li> <li>• Shall stop the fall with a deceleration distance of less than <b><u>42 inches.</u></b></li> <li>• Prevent a person from contacting lower level or object.</li> <li>• Body belts are not authorized.</li> </ul>
<b>Fall Protection Equipment Selection Criteria</b>	<ul style="list-style-type: none"> <li>• Navy activities should use only manufacturer certified equipment and meet ANSI Z359.1 Standard.</li> <li>• Any equipment meeting ANSI A10.14 shall not be used.</li> <li>• Only the qualified person for fall protection can make the determination of increasing the free fall distance more than <b>6 feet.</b></li> <li>• Frontal D-ring attachment point located at the sternum can be used for fall arrest provided the free fall distance is less than 2 feet and maximum arrest force does not exceed 900 lbs.</li> </ul>	<ul style="list-style-type: none"> <li>• Employers should obtain comprehensive instructions from the suppliers.</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of equipment shall be based on type of work; work environment, weight, size and shape of the worker, type and position/location of anchorage and length of lanyard.</li> <li>• Use only equipment meeting ANSI Z359.1 Standard. Any equipment meeting ANSI A10.14 shall not be used.</li> <li>• Frontal D-ring attachment point located at the sternum can be used for fall arrest provided the free fall distance is less than 2 feet and maximum arrest force does not exceed 900 lbs.</li> <li>• Only the qualified person for fall protection can make the determination of increasing the free fall distance more than <b>6 feet.</b></li> </ul>	<ul style="list-style-type: none"> <li>• The type of fall arrest system selected should match the particular work situation and any free fall distance should be kept to a minimum.</li> <li>• Consideration should be given to a particular work environment.</li> </ul>

<p><b>Definition of Qualified Person</b></p>	<p><b>Qualified Person for Fall Protection:</b> A person with a recognized <b>engineering degree</b> or professional certificate <b>and</b> with extensive knowledge, training, and <b>experience in fall protection and rescue field</b>, who is capable of performing design, analysis, and evaluation of <b>fall protection rescue systems and equipment</b>.</p>	<p><b>Qualified Person</b> means one with a recognized degree or professional certificate <b>and</b> extensive knowledge and experience in the subject field who is capable of design, analysis, evaluation and specifications in the subject work, project, or product.</p>	<p><b>Qualified Person for Fall Protection (New - see Appendix Q):</b> A person with a recognized degree or professional certificate <b>and</b> with extensive knowledge, training, and experience in the <b>fall protection and rescue field</b> who is capable of designing, analyzing, evaluating and specifying <b>fall protection and rescue systems</b>.</p>	<p><b>Qualified:</b> means one who, by possession of a recognized degree, certificate, or professional standing, <b>or</b> who by extensive knowledge, training, and experience, has successfully demonstrated his ability to solve or resolve problems relating to the subject matter, the work, or the project.</p>
<p><b>Definition of Competent Person</b></p>	<p><b>Competent Person for Fall Protection:</b> A person designated by the Command to be responsible for the immediate supervision, implementation and monitoring of the fall protection program, who through training knowledge and expertise is capable of identifying, evaluating and addressing existing and potential fall hazards and in the application and use of personal fall arrest and rescue system or any component thereof, AND who has the authority to take prompt corrective measures to eliminate or control the hazards of falling.</p>	<p><b>Competent Person:</b> Means a person who is capable of identifying hazardous or dangerous conditions in the personal fall arrest system or any component thereof, as well as in their application and use with related equipment.</p>	<p><b>Competent Person for Fall Protection (New – See Appendix Q):</b> A person designated in writing in the AHA by the employer to be responsible for the immediate supervision, implementation and monitoring of the fall protection program, who through training, knowledge and experience in fall protection and rescue systems and equipment, is capable of identifying, evaluating and addressing existing and potential fall hazards and, who has the authority to take prompt corrective measures with regard to such hazards.</p>	<p><b>Competent Person:</b> Means one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.</p>
<p><b>Fall Arrest Anchorages</b></p>	<ul style="list-style-type: none"> <li>Capable of supporting a minimum of <b>5,000 lbs</b> attached; or shall be designed, installed and used under the supervision of a qualified person and shall maintain a <b>safety factor of at least two</b>.</li> </ul>	<ul style="list-style-type: none"> <li>Capable of supporting at least <b>5,000 lbs</b> per employee attached or shall be designed, installed and used as part of a complete fall arrest system which maintains a <b>safety factor of at least 2</b>, under the supervision of a qualified person.</li> </ul>	<ul style="list-style-type: none"> <li>Capable of supporting at least <b>5,000 lbs</b> per worker attached or designed by a qualified person for fall protection for <b>twice</b> the maximum arrest force on the body.</li> <li>Snaphooks and Carabiners manufactured per ANSI Z359.1 (1992-R1999) may be used up to <b>2 years</b> from the effective date of EM 385 (2009)</li> </ul>	<ul style="list-style-type: none"> <li>Anchorages shall be capable of supporting at least <b>5,000 lbs</b> per employee attached, or shall be designed, installed and used as part of a complete fall arrest system which maintains a <b>safety factor of at least 2</b> and under the supervision of qualified person.</li> </ul>

<b>Training</b>	<ul style="list-style-type: none"> <li>Workers exposed to fall hazards from heights and using FP equipment shall be trained by a competent person for fall protection who is qualified in delivering FP training.</li> <li>Retraining shall also be provided as necessary.</li> <li>Refresher training will be provided at an interval determined by the activity.</li> </ul>	<ul style="list-style-type: none"> <li>States that FP training is required.</li> </ul>	<ul style="list-style-type: none"> <li>Workers exposed to fall hazards from heights and using FP equipment shall be trained by competent person for fall protection who is qualified in delivering FP training.</li> <li>Retraining shall also be provided as necessary.</li> <li>Employer shall verify worker training by a written certification record including name of worker, date of training and signatures of trainer and trainee.</li> </ul>	<ul style="list-style-type: none"> <li>States that FP training is required.</li> </ul>
<b>Horizontal Lifeline</b>	<ul style="list-style-type: none"> <li>Designed prior to use by a registered professional engineer with experience in designing horizontal lifeline systems and as part of a complete fall arrest system that maintains a safety factor of at least <b><u>two</u></b>.</li> </ul>	<ul style="list-style-type: none"> <li>Shall be designed and installed as part of a complete fall arrest system which maintains a safety factor of at least <b><u>2</u></b> under the supervision of a qualified person.</li> </ul>	<ul style="list-style-type: none"> <li>HLL shall be installed and used under the supervision of qualified person for fall protection only, as part of a complete fall arrest system that maintains a safety factor of at least <b><u>two</u></b>.</li> </ul>	<ul style="list-style-type: none"> <li>Designed, installed, and used under the supervision of a qualified person and used as part of a complete personal fall arrest system that maintains a safety factor of at least <b><u>two</u></b>.</li> </ul>
<b>Positioning System Requirement</b>	<ul style="list-style-type: none"> <li>Limit the free fall distance to <b><u>2 feet</u></b>.</li> <li>Secured to an anchorage capable of supporting <b><u>twice</u></b> the potential impact loading or <b><u>3,000 lbs</u></b> whichever is greater.</li> <li>In addition to positioning system, requires the use of a separate system that provides back-up.</li> </ul>	<ul style="list-style-type: none"> <li>Not addressed in 29 CFR1910.</li> <li>Addressed only in the OSHA Proposed Rulemaking of 1990.</li> <li>The Requirements are similar to 29 CFR 1926, Subpart M.</li> </ul>	<ul style="list-style-type: none"> <li>Be rigged such that a worker cannot free fall more than <b><u>2 feet</u></b>.</li> <li>Secured to an anchorage capable of supporting at least <b><u>twice</u></b> the potential impact load of a worker's fall or <b><u>3,000 lbs</u></b> whichever is greater.</li> <li>In addition to positioning system, requires the use of a separate system that provides back-up.</li> </ul>	<ul style="list-style-type: none"> <li>Shall be secured to an anchorage capable of supporting at least <b><u>twice</u></b> the potential impact load of an employee's fall or <b><u>3,000 lbs</u></b> whichever is grater.</li> <li>Shall be rigged such that an employee cannot free fall more than <b><u>2 feet</u></b>.</li> </ul>
<b>Restraint Anchorages</b>	<ul style="list-style-type: none"> <li>Anchorage strength requirement shall be <b><u>3,000 lbs</u></b> or designed by a qualified person for FP for <b><u>two times</u></b></li> </ul>	<ul style="list-style-type: none"> <li>Anchorage strength is not specified in 29 CFR 1910 Standard</li> <li>Anchorage strength of</li> </ul>	<ul style="list-style-type: none"> <li>Anchorage strength requirement shall be <b><u>3,000 lbs</u></b> or designed by a qualified person for FP for <b><u>two times</u></b> the</li> </ul>	<ul style="list-style-type: none"> <li>Anchorages shall have the capacity to withstand at least <b><u>3,000 lbs</u></b> of force or <b><u>twice</u></b> the maximum</li> </ul>

	<p>the foreseeable force.</p> <ul style="list-style-type: none"> <li>Restraint system shall be used only on sloped surfaces equal or less than <b>18.4 degrees (4:12 slope)</b></li> </ul>	<p><b>3,000 lbs</b>, specified in OSHA Proposed Rulemaking of 1990.</p>	<p>foreseeable force.</p> <ul style="list-style-type: none"> <li>Restraint system shall be used only on sloped surfaces equal or less than <b>18.4 degrees (4:12 slope)</b>.</li> </ul>	<p>expected force. (*)</p>
<p><b>Inspection, storage, care, and maintenance of FP equipment</b></p>	<ul style="list-style-type: none"> <li>Before each use, the user shall carefully inspect the FP equipment. The competent person must inspect the FP equipment at least annually with documentation.</li> </ul>	<ul style="list-style-type: none"> <li>FP equipment shall be inspected prior to each use; employer should obtain comprehensive instructions from the supplier method of inspection, use cleaning and storage.</li> </ul>	<ul style="list-style-type: none"> <li>Equipment shall be inspected by the end user prior to each use.</li> <li>A Competent person for FP shall inspect the equipment at least once semi-annually and whenever equipment is subjected to a fall or impacted.</li> <li>Competent person's inspection shall be documented.</li> </ul>	<ul style="list-style-type: none"> <li>Personal fall arrest system shall be inspected prior to each use for wear, damage and other deteriorations.</li> </ul>
<p><b>Ladder Climbing Devices (LCD) Requirements</b></p>	<ul style="list-style-type: none"> <li>Installed on fixed ladders more than <b>20 feet</b> in length.</li> <li>Anchorage strength <b>3000 lbs</b>.</li> <li>Free fall distance shall not exceed <b>2 feet</b>.</li> <li>Length of connector between D-ring and LCD shall be <b>9 inches</b></li> <li><b>100%</b> transition at top of ladder.</li> <li>Do not install LCD on ladders having <math>\frac{3}{4}</math> <b>inch</b> rungs unless they are designed to withstand fall forces.</li> </ul>	<ul style="list-style-type: none"> <li>Installed on fixed ladders more than <b>20 feet</b> in length.</li> <li>LCD shall meet the design requirements of the ladders which they serve.</li> </ul>	<ul style="list-style-type: none"> <li>Installed on fixed ladders more than <b>20 feet</b> in length.</li> <li>Anchorage strength <b>3000 lbs</b></li> <li>Free fall distance shall not exceed <b>2 feet</b>.</li> <li>Length of connector between D-ring and LCD shall be <b>9 inches</b>.</li> <li><b>100%</b> transition at top of ladder.</li> <li>Do not install LCD on ladders having <math>\frac{3}{4}</math> <b>inch</b> rungs unless they are designed to withstand fall forces.</li> </ul>	<ul style="list-style-type: none"> <li>Installed on fixed ladders more than <b>24 feet</b> in length.</li> <li>Capable of withstanding a drop test of <b>500 lbs</b>.</li> <li>Free fall distance shall not exceed <b>2 feet</b>.</li> <li>Length of connector between D-ring and LCD shall be <b>9 inches</b>.</li> </ul>
<p><b>Rescue procedures</b></p>	<ul style="list-style-type: none"> <li>When using fall arrest equipment, ensure mishap victim can self rescue or can be rescued promptly should a fall occur.</li> <li>Personnel conducting rescue shall be trained.</li> <li>Anchorage for self-rescue</li> </ul>	<ul style="list-style-type: none"> <li>The employer shall provide for prompt rescue of employees in the event of a fall or shall assure the self-rescue capability of employees.</li> </ul>	<ul style="list-style-type: none"> <li>Requirement to provide prompt rescue to all fallen workers.</li> <li>A rescue plan shall be prepared and maintained.</li> <li>Personnel conducting rescue shall be trained.</li> <li>Anchorage for self-rescue and assisted-rescue shall be</li> </ul>	<ul style="list-style-type: none"> <li>The employer shall provide for prompt rescue of employees in the event of a fall or shall ensure that employees can rescue themselves.</li> </ul>

	<p>and assisted-rescue shall be identified and selected.</p> <ul style="list-style-type: none"> <li>• Anchorages selected for rescue shall be capable of withstanding static loads of <b><u>3,000 lbs or 5 times the applied loads</u></b> as designed by qualified person for fall protection.</li> <li>• Buddy system (Safety person or spotter) is required.</li> </ul>		<p>identified and selected.</p> <ul style="list-style-type: none"> <li>• Anchorages selected for rescue shall be capable of withstanding static loads of <b><u>3,000 lbs or 5 times the applied loads</u></b> as designed by qualified person for fall protection.</li> <li>• Buddy system (Safety person or spotter) is required.</li> <li>• If other methods of rescue are planned (Fire Department) it shall be indicated in the rescue plan.</li> </ul>	
<b>Warning Line system</b>	<ul style="list-style-type: none"> <li>• Consists of wire rope or chains <b>34 -39 inches</b> high.</li> <li>• Tensile strength of the line shall be min <b>500 lbs.</b></li> <li>• Stanchions shall be capable of withstanding a force of <b>16 lbs</b> applied horizontally <b>30 inches</b> from the walking working surfaces.</li> <li>• For roofing work, the line shall be erected <b>6 feet</b> away from the edge. For other trades the line shall be <b>15 feet</b> away from the edge.</li> </ul>	<ul style="list-style-type: none"> <li>• Not addressed</li> </ul>	<ul style="list-style-type: none"> <li>• Consists of wire rope or chains <b>34-39 inches</b> high.</li> <li>• Tensile strength of the line shall be min <b>500 lbs.</b></li> <li>• Stanchions shall be capable of withstanding a force of <b>16 lbs</b> applied horizontally <b>30 inches</b> from the walking working surfaces.</li> <li>• For roofing work, the line shall be erected <b>6 feet</b> away from the edge. For other trades the line shall be <b>15 feet</b> away from the edge.</li> </ul>	<ul style="list-style-type: none"> <li>• Consists of wire rope or chains <b>34-39 inches</b> high.</li> <li>• Tensile strength of the line shall be min <b>500 lbs.</b></li> <li>• Stanchions shall be capable of withstanding a force of <b>16 lbs</b> applied horizontally <b>30 inches</b> from the walking working surfaces.</li> <li>• For roofing work, the line shall be erected <b>6 feet</b> away from the edge. For other trades the line shall be <b>15 feet</b> away from the edge.</li> </ul>
<b>Controlled Access Zones</b>	<ul style="list-style-type: none"> <li>• Not addressed in OPNAVINST 5100.23G, S&amp;H Requirements Manual for Ashore Facilities, fall Protection program. The system is addressed in the FP Guide. The system shall not be used as a fall protection method.</li> </ul>	<ul style="list-style-type: none"> <li>• Not addressed in 29 CFR 1910.</li> </ul>	<ul style="list-style-type: none"> <li>• Prohibited as a fall protection method.</li> </ul>	<ul style="list-style-type: none"> <li>• Allowed by Subpart M.</li> </ul>

<b>Monitoring system</b>	<ul style="list-style-type: none"> <li>• Monitoring system shall not be used by itself as a fall protection method. May be used in conjunction with other fall protection system.</li> <li>• Not addressed in OPNAVINST 5100.23G. Addressed in the FP Guide.</li> </ul>	<ul style="list-style-type: none"> <li>• Not addressed.</li> </ul>	<ul style="list-style-type: none"> <li>• Prohibited as a fall protection system. May be used with other fall protection method</li> </ul>	<ul style="list-style-type: none"> <li>• Allowed per Subpart M.</li> </ul>
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(\*) As per OSHA Interpretation Letter