



Oregon Administrative Rules
Chapter 437

Division 3
Construction

Fall Protection

Subdivision

M

AO 2-2016

The Oregon Department of Consumer and Business Services adopted these rules pursuant to ORS 654.025(2).

The Secretary of State designated OAR Chapter 437 as the "Oregon Occupational Safety and Health Code." Six general subject areas within this code are designated as "Divisions."

- **Division 1** General Administrative Rules
- **Division 2** General Occupational Safety and Health Rules
- **Division 3** Construction
- **Division 4** Agriculture
- **Division 5** Maritime Activities
- **Division 7** Forest Activities
- **Oregon Revised Statutes (ORS) 654** The Oregon Safe Employment Act (OSEAct)

Oregon-initiated rules in this division of the Oregon Occupational Safety and Health Code are numbered in a uniform system developed by the Secretary of State. This system does not number the rules in sequence (001, 002, 003, etc.). Omitted numbers may be assigned to new rules at the time of their adoption.

Oregon-initiated rules are arranged in the following Basic Codification Structure adopted by the Secretary of State for Oregon Administrative Rules (OAR):

Chapter	Division	Rule	Section	Subsection	Paragraphs
<i>437</i>	<i>003</i>	<i>1760</i>	<i>(1)</i>	<i>(a)</i>	<i>(A)(i)(I)</i>

The majority of Oregon OSHA rules are adopted by reference from the Code of Federal Regulations (CFR), and are arranged in the following basic federal numbering system:

Chapter	Division	Part	Subpart (Subdivision)	Section	Paragraphs
437	003	1926	M	.502	(a)

The terms "subdivision" and "subpart" are synonymous within OAR 437, Oregon Occupational Safety and Health Code.

To obtain an order form or copies of these codes, address:

Department of Consumer & Business Services
Oregon Occupational Safety & Health Division (Oregon OSHA)
350 Winter St. NE, 3rd Floor
Salem, OR 97301-3882

Or call the Oregon OSHA Resource Library at 503-378-3272

The rules referenced in this division are available for viewing in the Office of the Secretary of State, Administrative Rules and Office Document Section, Oregon State Archives Building, Salem, Oregon 97310, or the Central Office, Oregon Occupational Safety and Health Division of the Department of Consumer and Business Services, 350 Winter St. NE, Salem, OR 97301-3882. Please visit our web site: osha.oregon.gov.

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437-003-0001 Adoption by Reference

In addition to, and not in lieu of, any other safety and health codes contained in OAR Chapter 437, the Department adopts by reference the following federal regulations printed as part of the Code of Federal Regulations, in the Federal Register:

(13) Subdivision M – Fall Protection.

(a) 29 CFR 1926.500 Scope, application, and definitions applicable to this subpart, published 4/11/14, FR vol. 79, no. 70, p. 20316; amended with AO 1-2017, f. 3/1/16, ef. 1/1/17.

(b) 29 CFR 1926.501 Duty to have fall protection, repealed with AO 1-2016, f. 3j/1/16, ef. 1/1/17. In Oregon 437-003-1501 applies.

(c) 29 CFR 1926.502 Fall protection systems criteria and practices, published 8/9/94, FR vol. 59, no. 152, p. 40733-40738; amended with AO 6-2002, f. and ef. 7/19/02.

(d) 29 CFR 1926.503 Training requirements. REPEALED with AO 6-2002, f. and ef. 7/19/02, in Oregon 437-003-0503 applies..

(e) Appendix A to Subpart M Determining Roof Widths, published 8/9/94, FR vol. 59, no. 152, p. 40738-40742.

(f) Appendix B to Subpart M Guardrail Systems, published 8/9/94, FR vol. 59, no. 152, p. 40743.

(g) Appendix C to Subpart M Personal Fall Arrest Systems, published 8/9/94, FR vol. 59, no. 152, p. 40743-40746.

(h) Appendix D to Subpart M Positioning Device Systems, published 8/9/94, FR vol. 59, no. 152, p. 40746.

These standards are available at the Oregon Occupational Safety and Health Division, Oregon Department of Consumer and Business Services, and the United States Government Printing Office.

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: APD Admin. Order 5-1989, f. 3/31/89, ef. 5/1/89 (temp).

APD Admin. Order 8-1989, f. 7/7/89, ef. 7/7/89 (perm).

APD Admin. Order 14-1989, f. 7/20/89, ef. 8/1/89 (temp).

APD Admin. Order 15-1989, f. 9/13/89, ef. 9/13/89 (perm).

APD Admin. Order 16-1989 (temp), f. 9/13/89, ef. 9/13/89.

OR-OSHA Admin. Order 2-1989, f. 10/17/89, ef. 10/17/89.

OR-OSHA Admin. Order 3-1990, f. 1/19/90, ef. 1/19/90 (temp).

OR-OSHA Admin. Order 7-1990, f. 3/2/90, ef. 3/2/90 (perm).

OR-OSHA Admin. Order 8-1990, f. 3/30/90, ef. 3/30/90.

OR-OSHA Admin. Order 13-1990, f. 6/28/90, ef. 8/1/90 (temp).

OR-OSHA Admin. Order 19-1990, f. 8/31/90, ef. 8/31/90 (perm).

OR-OSHA Admin. Order 27-1990, f. 12/12/90, ef. 2/1/91.

OR-OSHA Admin. Order 6-1991, f. 3/18/91, ef. 4/15/91.

OR-OSHA Admin. Order 7-1991, f. 4/25/91, ef. 4/25/91.

OR-OSHA Admin. Order 15-1991, f. 12/13/91, ef. 12/13/91.

OR-OSHA Admin. Order 16-1991, f. 12/16/91, ef. 1/1/92.

OR-OSHA Admin. Order 6-1992, f. 5/18/92, ef. 5/18/92.

OR-OSHA Admin. Order 11-1992, f. 10/9/92, ef. 10/9/92.

OR-OSHA Admin. Order 1-1993, f. 1/22/93, ef. 1/22/93.

OR-OSHA Admin. Order 16-1993, f. 11/1/93, ef. 11/1/93 (Lead).
OR-OSHA Admin. Order 1-1994, f. 4/27/94, ef. 4/27/94.
OR-OSHA Admin. Order 4-1994, f. 8/4/94, ef. 8/4/94 (HazCom).
OR-OSHA Admin. Order 6-1994, f. 9/30/94, ef. 9/30/94.
OR-OSHA Admin. Order 1-1995, f. 1/19/95, ef. 1/19/95 (DOT markings, placards & labels).
OR-OSHA Admin. Order 3-1995, f. 2/22/95, ef. 2/22/95 (Haz Waste).
OR-OSHA Admin. Order 4-1995, f. 3/29/95, ef. 3/29/95 (Asbestos).
OR-OSHA Admin. Order 5-1995, f. 4/6/95, ef. 4/6/95 (HazCom).
OR-OSHA Admin. Order 6-1995, f. 4/18/95, ef. 6/1/95 (Fall Protection).
OR-OSHA Admin. Order 8-1995, f. 8/25/95, ef. 8/25/95 (Asbestos).
OR-OSHA Admin. Order 5-1996, f. 11/29/96, ef. 11/29/96.
OR-OSHA Admin. Order 6-1996, f. 11/29/96, ef. 11/29/96.
OR-OSHA Admin. Order 2-1997, f. 3/12/97, ef. 3/12/97.
OR-OSHA Admin. Order 4-1997, f. 4/2/97, ef. 4/2/97.
OR-OSHA Admin. Order 6-1997, f. 5/2/97, ef. 5/2/97.
OR-OSHA Admin. Order 7-1997, f. 9/15/97, ef. 9/15/97 (Fall Protection).
OR-OSHA Admin. Order 8-1997, f. 11/14/97, e. 11/14/97 (Methylene Chloride).
OR-OSHA Admin. Order 1-1998, f. 2/13/98, e. 2/13/98 (Methylene Chloride).
OR-OSHA Admin. Order 3-1998, f. 7/7/98, ef. 7/7/98 (Respiratory Protection).
OR-OSHA Admin. Order 6-1998, f. 10/15/98, ef. 10/15/98 (Slings 3/H).
OR-OSHA Admin. Order 7-1998, f. 12/28/98, ef. 12/28/98 (Asbestos).
OR-OSHA Admin. Order 1-1999, f. 3/22/99, e. 3/22/99 (Methylene Chloride).
OR-OSHA Admin. Order 4-1999, f. 4/30/99, ef. 4/30/99.
OR-OSHA Admin. Order 6-1999, f. 5/26/99, ef. 5/26/99.
OR-OSHA Admin. Order 3-2000, f. 2/8/00, ef. 2/8/00.

OR-OSHA Admin. Order 3-2001, f. 2/5/01, ef. 2/5/01 (Fall Protection/Oregon Exceptions).
OR-OSHA Admin. Order 3-2002, f. 4/15/02, ef. 4/18/02 (Steel Erection).
OR-OSHA Admin. Order 5-2002, f. 6/28/02, ef. 10/1/03 (GFCI 3/K).
OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02 (Fall Protection/Steel Erection).
OR-OSHA Admin. Order 1-2003, f. 1/30/03, ef. 4/30/03 (3/Q Masonry Wall Bracing).
OR-OSHA Admin. Order 2-2003, f. 1/30/03, ef. 1/30/03 (3/G).
OR-OSHA Admin. Order 7-2003, f. 12/5/03, ef. 12/5/03 (3/O).
OR-OSHA Admin. Order 8-2003, f. 12/30/03, ef. 1/1/04 (3/R).
OR-OSHA Admin. Order 1-2005, f. 4/12/05, ef. 4/12/05 (3/D and 3/Z).
OR-OSHA Admin. Order 2-2006, f. 4/28/06, ef. 4/28/06 (3/R).
OR-OSHA Admin. Order 4-2006, f. 7/24/06, ef. 7/24/06.
OR-OSHA Admin. Order 5-2006, f. 8/7/06, ef. 1/1/07.
OR-OSHA Admin. Order 6-2006, f. 8/30/06, ef. 8/30/06.
OR-OSHA Admin. Order 10-2006, f. 11/30/06, ef. 11/30/06.
OR-OSHA Admin. Order 6-2007, f. 9/26/07, ef. 9/26/07 (3/O).
OR-OSHA Admin. Order 5-2008, f. 5/1/08, ef. 5/15/08 (PPE).
OR-OSHA Admin. Order 5-2009, f. 5/29/09, ef. 5/29/09.
OR-OSHA Admin. Order 3-2010, f. 6/10/10, ef. 6/15/10.
OR-OSHA Admin. Order 1-2011, f. 2/9/11, ef. 2/9/11.
OR-OSHA Admin. Order 4-2011, f. 12/8/11, ef. 12/8/11.
OR-OSHA Admin. Order 5-2011, f. 12/8/11, ef. 7/1/12.
OR-OSHA Admin. Order 1-2012, f. 4/10/12, ef. 4/10/12.
OR-OSHA Admin. Order 5-2012, f. 9/25/12, ef. 9/25/12.
OR-OSHA Admin. Order 1-2013, f. 2/14/13, ef. 2/14/13.
OR-OSHA Admin. Order 2-2013, f. 2/15/13, ef. 4/1/13.
OR-OSHA Admin. Order 4-2013, f. 7/19/13, ef. 7/19/13.
OR-OSHA Admin. Order 5-2013, f. 9/13/13, ef. 9/13/13.
OR-OSHA Admin. Order 6-2013, f. 10/9/13, ef. 10/9/13.
OR-OSHA Admin. Order 7-2013, f. 12/12/13, ef. 12/12/13.
OR-OSHA Admin. Order 6-2014, f. 10/28/14, ef. 5/1/15.
OR-OSHA Admin. Order 7-2014, f. 11/7/14, ef. 11/9/14.
OR-OSHA Admin. Order 3-2015, f. 10/9/15, ef. 1/1/16.
OR-OSHA Admin. Order 1-2016, f. 3/1/16, ef. 1/1/17.

Authority: 40 U.S.C. 3701 et seq.; 29 U.S.C. 653, 655, 657; Secretary of Labor's Orders Nos. 1-90 (55 FR 9033), 6-96 (62 FR 111); 3-2000 (65 FR 50017), 5-2007 (72 FR 31159), or 1-2012 (77 FR 3912), as applicable; and 29 CFR Part 1911.

1926.500 Scope, Application, and Definitions Applicable to this Subpart

(a) Scope and application.

- (1) This subpart sets forth requirements and criteria for fall protection in construction workplaces covered under 29 CFR Part 1926.

Exception: The provisions of this subpart do not apply when employees are making an inspection, investigation, or assessment of workplace conditions prior to the actual start of construction work or after all construction work has been completed.

- (2) *OAR 437-003-1501* sets forth those workplaces, conditions, operations, and circumstances for which fall protection shall be provided except as follows:
- (i) Requirements relating to fall protection for employees working on scaffolds are provided in subpart L of this part.
 - (ii) Requirements relating to fall protection for employees working on cranes and derricks are provided in subpart CC of this part.
 - (iii) Requirements relating to fall protection for employees performing steel erection work in buildings are provided in subpart R of this part.
 - (iv) Requirements relating to fall protection for employees working on certain types of equipment used in tunneling operations are provided in subpart S of this part.

Note: 1926.500(a)(2)(v) was not adopted because fall protection requirements for the erection of tanks and communication and broadcast towers are provided in 1926.500 - .503.
 - (vi) *Division 2/RR Electrical Power Generation, Transmission, and Distribution* provides requirements relating to fall protection for employees working from aerial lifts or on poles, towers, or similar structures while engaged in the construction of electric transmission or distribution lines or equipment.
 - (vii) Requirements relating to fall protection for employees working on stairways and ladders are provided in subpart X of this part.

- (3) Sections 1926.502, *OARs 437-003-0502, 437-003-1502, and 437-003-2502* set forth the requirements for the installation, construction, and proper use of fall protection required by Part 1926, except as follows:
- (i) Performance requirements for guardrail systems used on scaffolds and performance requirements for falling object protection used on scaffolds are provided in subpart L of this part.
 - (ii) Performance requirements for stairways, stairrail systems, and handrails are provided in subpart X of this part.
 - (iii) Additional performance requirements for fall arrest and work-positioning equipment are provided in *Division 2/RR Electrical Power Generation, Transmission, and Distribution*.
- Note: 1926.500(a)(3)(iv) was not adopted because 1926.502 does apply to the erection of tanks and communication and broadcast towers.
- (v) Criteria for steps, handholds, ladders, and grabrails/guardrails/railings required by subpart CC are provided in subpart CC. Sections 1926.502(a), (c) through (e), and (i) apply to activities covered under subpart CC unless otherwise stated in subpart CC. No other paragraphs of § 1926.502 apply to subpart CC.
- (4) Section 1926.503 sets forth requirements for training in the installation and use of fall protection systems, except in relation to steel erection activities and the use of equipment covered by subpart CC.

(b) Definitions.

Anchorage means a secure point of attachment for lifelines, lanyards or deceleration devices.

437-003-1500 Additional Definitions

(1) ***Body belt*** means a Type 1 safety belt used in conjunction with lanyard or lifeline for fall restraint only.

Body harness means straps which may be secured about the employee in a manner that will distribute the fall arrest forces over at least the thighs, pelvis, waist, chest and shoulders with means for attaching it to other components of a personal fall arrest system.

Buckle means any device for holding the body belt or body harness closed around the employee's body.

Competent person 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.

Note: For the ease of the reader, this definition is reprinted here from 1926.32.

Connector means a device which is used to couple (connect) parts of the personal fall arrest system and positioning device systems together. It may be an independent component of the system, such as a carabiner, or it may be an integral component of part of the system (such as a buckle or dee-ring sewn into a body belt or body harness, or a snap-hook spliced or sewn to a lanyard or self-retracting lanyard).

Dangerous equipment means equipment (such as pickling or galvanizing tanks, degreasing units, machinery, electrical equipment, and other units) which, as a result of form or function, may be hazardous to employees who fall onto or into such equipment.

Deceleration device means any mechanism, such as a rope grab, rip-stitch lanyard, specifically-woven lanyard, tearing or deforming lanyards, automatic self-retracting lifelines/lanyards, etc., which serves to dissipate a substantial amount of energy during a fall arrest, or otherwise limit the energy imposed on an employee during fall arrest.

Deceleration distance means the additional vertical distance a falling employee travels, excluding lifeline elongation and free fall distance, before stopping, from the point at which the deceleration device begins to operate. It is measured as the distance between the location of an employee's body belt or body harness attachment point at the moment of activation (at the onset of fall arrest forces) of the deceleration device during a fall, and the location of that attachment point after the employee comes to a full stop.

Equivalent means alternative designs, materials, or methods to protect against a hazard which the employer can demonstrate will provide an equal or greater degree of safety for employees than the methods, materials or designs specified in the standard.

Failure means load refusal, breakage, or separation of component parts. Load refusal is the point where the ultimate strength is exceeded.

*437-003-1500(2) **Fall protection system** means personal fall arrest system, personal fall restraint system, positioning device system, guardrail system, safety net system, warning line system, or safety monitoring system.*

Free fall means the act of falling before a personal fall arrest system begins to apply force to arrest the fall.

Free fall distance means the vertical displacement of the fall arrest attachment point on the employee's body belt or body harness between onset of the fall and just before the system begins to apply force to arrest the fall. This distance excludes deceleration distance, and lifeline/lanyard elongation, but includes any deceleration device slide distance or self-retracting lifeline/lanyard extension before they operate and fall arrest forces occur.

Guardrail system means a barrier erected to prevent employees from falling to lower levels.

Hole means a gap or void 2 inches (5.1 cm) or more in its least dimension, in a floor, roof, or other walking/working surface.

Infeasible means that it is impossible to perform the construction work using a conventional fall protection system (i.e., guardrail system, safety net system, or personal fall arrest system) or that it is technologically impossible to use any one of these systems to provide fall protection.

Lanyard means a flexible line of rope, wire rope, or strap which generally has a connector at each end for connecting the body belt or body harness to a deceleration device, lifeline, or anchorage.

Leading edge means the edge of a floor, roof, or formwork for a floor or other walking/working surface (such as the deck) which changes location as additional floor, roof, decking, or formwork sections are placed, formed, or constructed. A leading edge is considered to be an "unprotected side and edge" during periods when it is not actively and continuously under construction.

Lifeline means a component consisting of a flexible line for connection to an anchorage at one end to hang vertically (vertical lifeline), or for connection to anchorages at both ends to stretch horizontally (horizontal lifeline), and which serves as a means for connecting other components of a personal fall arrest system to the anchorage.

Lower levels means those areas or surfaces to which an employee can fall. Such areas or surfaces include, but are not limited to, ground levels, floors, platforms, ramps, runways, excavations, pits, tanks, material, water, equipment, structures, or portions thereof.

Mechanical equipment means all motor or human propelled wheeled equipment used for roofing work, except wheelbarrows and mopcars.

Opening means a gap or void 30 inches (76 cm) or more high and 18 inches (48 cm) or more wide, in a wall or partition, through which employees can fall to a lower level.

Note: Overhand bricklaying from scaffolds is addressed in Subdivision L.

Personal fall arrest system means a system used to arrest an employee in a fall from a working level. It consists of an anchorage, connectors, a body belt or body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these. As of January 1, 1998, the use of a body belt for fall arrest is prohibited.

437-003-1500(3) Personal fall restraint system means a fall protection system that prevents the user from falling any distance. The system is comprised of either a body belt or body harness, along with an anchorage, connectors and other necessary equipment. The other components typically include a lanyard, and may also include a lifeline and other devices.

Positioning device system means a body belt or body harness system rigged to allow an employee to be supported on an elevated vertical surface, such as a wall, and work with both hands free while leaning.

Qualified person means one who, by possession of a recognized degree, certificate or professional standing, or who by extensive knowledge, training and experience, has successfully demonstrated his/her ability to solve or resolve problems relating to the subject matter, the work or the project.

Note: For the ease of the reader, this definition is reprinted here from 1926.32.

437-003-1500(4) Rake edge means the inclined roof edges, such as those on the gable end of a building.

Rope grab means a deceleration device which travels on a lifeline and automatically, by friction, engages the lifeline and locks so as to arrest the fall of an employee. A rope grab usually employs the principle of inertial locking, cam/level locking, or both.

Roof means the exterior surface on the top of a building. This does not include floors or formwork which, because a building has not been completed, temporarily become the top surface of a building.

437-003-1500(5) Roofing work means the hoisting, storage, application, and removal of roofing materials and equipment, including related insulation, sheet metal, and vapor barrier work, but not including the construction of the roof deck and leading edge work.

Safety-monitoring system means a safety system in which a competent person is responsible for recognizing and warning employees of fall hazards.

Self-retracting lifeline/lanyard means a deceleration device containing a drum-wound line which can be slowly extracted from, or retracted onto, the drum under slight tension during normal employee movement, and which, after onset of a fall, automatically locks the drum and arrests the fall.

Snaphook means a connector comprised of a hook-shaped member with a normally closed keeper, or similar arrangement, which may be opened to permit the hook to receive an object and, when released, automatically closes to retain the object. Snaphooks are generally one of two types:

- (1) The locking type with a self-closing, self-locking keeper which remains closed and locked until unlocked and pressed open for connection or disconnection; or
- (2) The non-locking type with a self-closing keeper which remains closed until pressed open for connection or disconnection. As of January 1, 1998, the use of a non-locking snaphook as part of personal fall arrest systems and positioning device systems is prohibited.

Toeboard means a low protective barrier that will prevent the fall of materials and equipment to lower levels and provide protection from falls for personnel.

Unprotected sides and edges means any side or edge (except at entrances to points of access) of a walking/working surface, e.g., floor, roof, ramp, or runway where there is no wall or guardrail system at least 39 inches (1.0 m) high.

*437-003-1500(6) **Walking/working surface** means any surface, whether horizontal or vertical on which an employee walks or works, including, but not limited to, floors, roofs, ramps, bridges, runways, formwork, beams, columns, trusses and concrete reinforcing steel but not ladders, vehicles, or trailers, on which employees must be located in order to perform their job duties.*

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02.
OR-OSHA Admin. Order 2-2016, f. 3/1/16, ef. 10/1/17.

Warning line system means a barrier erected on a roof to warn employees that they are approaching an unprotected roof side or edge, and which designates an area in which roofing work may take place without the use of guardrail, body belt, or safety net systems to protect employees in the area.

Work area means that portion of a walking/working surface where job duties are being performed.

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: APD Admin. Order 8-1989, f. 7/7/89, ef. 7/7/89.

OR-OSHA Admin. Order 6-1991, f. 3/18/91, ef. 4/15/91.

OR-OSHA Admin. Order 6-1995, f. 4/18/95, ef. 6/1/95.

OR-OSHA Admin. Order 3-2002, f. 4/15/02, ef. 4/18/02.

OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02.

OR-OSHA Admin. Order 1-2011, f. 2/9/11, ef. 2/9/11.

OR-OSHA Admin. Order 3-2015, f. 10/9/15, ef. 1/1/16.

OR-OSHA Admin. Order 1-2016, f. 3/1/16, ef. 1/1/17.

Note: 1926.501(a) and (b) were repealed, in Oregon, 437-003-1501 Fall Protection applies.

Note: 1926.501(c) was repealed, in Oregon 437-003-2501 Protection From Falling Objects applies.

437-003-1501 Fall Protection

- (1) General. Except where permitted by another standard, when employees are exposed to a hazard of falling 6 feet or more to a lower level, the employer must ensure that fall protection systems are provided, installed, and implemented according to the criteria in 1926.502, 437-003-0502, 437-003-1502, and 437-003-2502.*
- (2) Walking/working surfaces. The employer must determine if the walking/working surfaces on which its employees are to work have the strength and structural integrity to safely support employees. Employees may work on those surfaces only when the surfaces have the requisite strength and structural integrity.*
- (3) Holes. Regardless of height, each employee on a walking/working surface must be protected from tripping in or stepping into or through holes (including skylights) by covers, or equivalent.*

Note: Smoke domes or skylight fixtures are not considered covers for the purpose of this section unless they meet the strength requirements of 1926.502(i).

- (4) Wall openings. Each employee working on, at, above, or near wall openings (including those with chutes attached) where the inside bottom edge of the wall opening is less than 39 inches above the walking/working surface and the outside bottom edge of the wall opening is 6 feet or more above lower levels, must be protected from falling by the use of guardrail systems, safety net systems, personal fall arrest systems, or personal fall restraint systems.*
- (5) Excavations.*
 - (a) Employers must use guardrail systems, fences, or barricades to protect any employee who might approach the edge of an excavation, when the excavation is 6 feet or more in depth and is not readily seen because of plant growth or other visual barrier.*
 - (b) Employers must use guardrail systems, fences, barricades, or covers to protect any employee who might approach the edge of a well, pit, shaft, or other similar excavation, when the excavation is 6 feet or more in depth.*

(6) Dangerous equipment. In addition to the fall protection requirements under 437-003-1501(1), each employee working less than 6 feet above dangerous equipment must be protected from falls into or onto dangerous equipment by guardrail systems or equipment guards.

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02.
OR-OSHA Admin. Order 1-2016, f. 3/1/16, ef. 1/1/17.

437-003-2501 Protection From Falling Objects

(1) General. Except as otherwise provided in paragraph (2) of this section, when employees are exposed to falling objects, the employer must have each employee wear a hard hat and must implement one of the following measures in accordance with the criteria in 1926.502(j):

(a) Erect toeboards, screens, or guardrail systems to prevent objects from falling from higher levels; or,

(b) Erect a canopy structure and keep potential fall objects far enough from the edge of the higher level so that those objects would not go over the edge if they were accidentally displaced; or,

(c) Barricade the area to which objects could fall, prohibit employees from entering the barricaded area, and keep objects that may fall far enough away from the edge of a higher level so that those objects would not go over the edge if they were accidentally displaced.

(2) Holes. Employees working below walking/working surface holes (including skylights) must be protected from objects falling through by covers meeting the criteria in 1926.502(i), or equivalent.

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 1-2016, f. 3/1/16, ef. 1/1/17.

1926.502 Fall Protection Systems Criteria and Practices**(a) General.**

- (1) Fall protection systems required by this part shall comply with the applicable provisions of this section.
- (2) Employers shall provide and install all fall protection systems required by this subpart for an employee, and shall comply with all other pertinent requirements of this subpart before that employee begins the work that necessitates the fall protection.

(b) Guardrail systems. Guardrail systems and their use shall comply with the following provisions:

- (1) Top edge height of top rails, or equivalent guardrail system members, shall be 42 inches (1.1 m) plus or minus 3 inches (8 cm) above the walking/working level. When conditions warrant, the height of the top edge may exceed the 45-inch height, provided the guardrail system meets all other criteria of this paragraph.

Note: When employees are using stilts, the top edge height of the top rail, or equivalent member, shall be increased an amount equal to the height of the stilts.

- (2) Midrails, screens, mesh, intermediate vertical members, or equivalent intermediate structural members shall be installed between the top edge of the guardrail system and the walking/working surface when there is no wall or parapet wall at least 21 inches (53 cm) high.
 - (i) Midrails, when used, shall be installed at a height midway between the top edge of the guardrail system and the walking/working level.
 - (ii) Screens and mesh, when used, shall extend from the top rail to the walking/ working level and along the entire opening between top rail supports.
 - (iii) Intermediate members (such as balusters), when used between posts, shall be not more than 19 inches (48 cm) apart.
 - (iv) Other structural members (such as additional midrails and architectural panels) shall be installed such that there are no openings in the guardrail system that are more than 19 inches (.5 m) wide.

- (3) Guardrail systems shall be capable of withstanding, without failure, a force of at least 200 pounds (890 N) applied within 2 inches (5.1 cm) of the top edge, in any outward or downward direction, at any point along the top edge.
- (4) When the 200 pound (890 N) test load specified in paragraph (b)(3) of this section is applied in a downward direction, the top edge of the guardrail shall not deflect to a height less than 39 inches (1.0 m) above the walking/working level. Guardrail system components selected and constructed in accordance with the Appendix B to subpart M of this part will be deemed to meet this requirement.
- (5) Midrails, screens, mesh, intermediate vertical members, solid panels, and equivalent structural members shall be capable of withstanding, without failure, a force of at least 150 pounds (666 N) applied in any downward or outward direction at any point along the midrail or other member.
- (6) Guardrail systems shall be so surfaced as to prevent injury to an employee from punctures or lacerations, and to prevent snagging of clothing.
- (7) The ends of all top rails and midrails shall not overhang the terminal posts, except where such overhang does not constitute a projection hazard.
- (8) Steel banding and plastic banding shall not be used as top rails or midrails.
- (9) Top rails and midrails shall be at least one-quarter inch (0.6 cm) nominal diameter or thickness to prevent cuts and lacerations. If wire rope is used for top rails, it shall be flagged at not more than 6-foot intervals with high-visibility material.
- (10) When guardrail systems are used at hoisting areas, a chain, gate or removable guardrail section shall be placed across the access opening between guardrail sections when hoisting operations are not taking place.
- (11) When guardrail systems are used at holes, they shall be erected on all unprotected sides or edges of the hole.
- (12) When guardrail systems are used around holes used for the passage of materials, the hole shall have not more than two sides provided with removable guardrail sections to allow the passage of materials. When the hole is not in use, it shall be closed over with a cover, or a guardrail system shall be provided along all unprotected sides or edges.

- (13) When guardrail systems are used around holes which are used as points of access (such as ladderways), they shall be provided with a gate, or be so offset that a person cannot walk directly into the hole.
- (14) Guardrail systems used on ramps and runways shall be erected along each unprotected side or edge.
- (15) Manila, plastic or synthetic rope being used for top rails or midrails shall be inspected as frequently as necessary to ensure that it continues to meet the strength requirements of paragraph (b)(3) of this section.
- (c) Safety net systems. Safety net systems and their use shall comply with the following provisions:
- (1) Safety nets shall be installed as close as practicable under the walking/working surface on which employees are working, but in no case more than 30 feet (9.1 m) below such level. When nets are used on bridges, the potential fall area from the walking/working surface to the net shall be unobstructed.
- (2) Safety nets shall extend outward from the outermost projection of the work surface as follows:

Table 1 - Safety net systems

Vertical distance from working level to horizontal plane of net	Minimum required horizontal distance of outer edge of net from the edge of the working surface
Up to 5 feet	8 feet
More than 5 feet up to 10 feet	10 feet
More than 10 feet	13 feet

- (3) Safety nets shall be installed with sufficient clearance under them to prevent contact with the surface or structures below when subjected to an impact force equal to the drop test specified in paragraph (c)(4) of this section.
- (4) Safety nets and their installations shall be capable of absorbing an impact force equal to that produced by the drop test specified in paragraph (c)(4)(i) of this section.

- (i) Except as provided in paragraph (c)(4)(ii) of this section, safety nets and safety net installations shall be drop-tested at the jobsite after initial installation and before being used as a fall protection system, whenever relocated, after major repair, and at 6-month intervals if left in one place. The drop-test shall consist of a 400 pound (180 kg) bag of sand 30 ± 2 inches (76 ± 5 cm) in diameter dropped into the net from the highest walking/working surface at which employees are exposed to fall hazards, but not from less than 42 inches (1.1 m) above that level.
 - (ii) When the employer can demonstrate that it is unreasonable to perform the drop-test required by paragraph (c)(4)(i) of this section, the employer (or a designated competent person) shall certify that the net and net installation is in compliance with the provisions of paragraphs (c)(3) and (c)(4)(i) of this section by preparing a certification record prior to the net being used as a fall protection system. The certification record must include an identification of the net and net installation for which the certification record is being prepared; the date that it was determined that the identified net and net installation were in compliance with paragraph (c)(3) of this section and the signature of the person making the determination and certification. The most recent certification record for each net and net installation shall be available at the jobsite for inspection.
- (5) Defective nets shall not be used. Safety nets shall be inspected at least once a week for wear, damage, and other deterioration. Defective components shall be removed from service. Safety nets shall also be inspected after any occurrence which could affect the integrity of the safety net system.
 - (6) Materials, scrap pieces, equipment, and tools which have fallen into the safety net shall be removed as soon as possible from the net and at least before the next work shift.
 - (7) The maximum size of each safety net mesh opening shall not exceed 36 square inches (230 cm²) nor be longer than 6 inches (15 cm) on any side, and the opening, measured center-to-center of mesh ropes or webbing, shall not be longer than 6 inches (15 cm). All mesh crossings shall be secured to prevent enlargement of the mesh opening.
 - (8) Each safety net (or section of it) shall have a border rope for webbing with a minimum breaking strength of 5,000 pounds (22.2 kN).

- (9) Connections between safety net panels shall be as strong as integral net components and shall be spaced not more than 6 inches (15 cm) apart.
- (d) Personal fall arrest systems. Personal fall arrest systems and their use shall comply with the provisions set forth below. Effective January 1, 1998, body belts are not acceptable as part of a personal fall arrest system.

Note: The use of a body belt in a positioning device system is acceptable and is regulated under paragraph (e) of this section.

- (1) Connectors shall be drop forged, pressed or formed steel, or made of equivalent materials.
- (2) Connectors shall have a corrosion-resistant finish, and all surfaces and edges shall be smooth to prevent damage to interfacing parts of the system.
- (3) Dee-rings and snaphooks shall have a minimum tensile strength of 5,000 pounds (22.2 kN).
- (4) Dee-rings and snaphooks shall be proof-tested to a minimum tensile load of 3,600 pounds (16 kN) without cracking, breaking, or taking permanent deformation.
- (5) Snaphooks shall be sized to be compatible with the member to which they are connected to prevent unintentional disengagement of the snaphook by depression of the snaphook keeper by the connected member, or shall be a locking type snaphook designed and used to prevent disengagement of the snaphook by the contact of the snaphook keeper by the connected member. Effective January 1, 1998, only locking type snaphooks shall be used.
- (6) Unless the snaphook is a locking type and designed for the following connections, snaphooks shall not be engaged:
 - (i) directly to webbing, rope or wire rope;
 - (ii) to each other;
 - (iii) to a dee-ring to which another snaphook or other connector is attached;
 - (iv) to a horizontal lifeline; or

- (v) to any 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.
- (7) On suspended scaffolds or similar work platforms with horizontal lifelines which may become vertical lifelines, the devices used to connect to a horizontal lifeline shall be capable of locking in both directions on the lifeline.
- (8) Horizontal lifelines shall be designed, installed, and used, under the supervision of a qualified person, as part of a complete personal fall arrest system, which maintains a safety factor of at least two.
- (9) Lanyards and vertical lifelines shall have a minimum breaking strength of 5,000 pounds (22.2 kN).
- (10)
 - (i) Except as provided in paragraph (d)(10)(ii) of this section, when vertical lifelines are used, each employee shall be attached to a separate lifeline.
 - (ii) During the construction of elevator shafts, two employees may be attached to the same lifeline in the hoistway, provided both employees are working atop a false car that is equipped with guardrails; the strength of the lifeline is 10,000 pounds [5,000 pounds per employee attached] (44.4 kN); and all other criteria specified in this paragraph for lifelines have been met.
- (11) Lifelines shall be protected against being cut or abraded.
- (12) Self-retracting lifelines and lanyards which automatically limit free fall distance to 2 feet (0.61 m) or less shall be capable of sustaining a minimum tensile load of 3,000 pounds (13.3 kN) applied to the device with the lifeline or lanyard in the fully extended position.
- (13) Self-retracting lifelines and lanyards which do not limit free fall distance to 2 feet (0.61 m) or less, ripstitch lanyards, and tearing and deforming lanyards shall be capable of sustaining a minimum tensile load of 5,000 pounds (22.2 kN) applied to the device with the lifeline or lanyard in the fully extended position.

- (14) Ropes and straps (webbing) used in lanyards, lifelines, and strength components of body belts and body harnesses shall be made from synthetic fibers.
- (15) Anchorages used for attachment of personal fall arrest equipment shall be independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,000 pounds (22.2 kN) per employee attached, or shall be designed, installed, and used as follows:
- (i) as part of a complete personal fall arrest system which maintains a safety factor of at least two; and
 - (ii) under the supervision of a qualified person.
- (16) Personal fall arrest systems, when stopping a fall, shall:
- (i) limit maximum arresting force on an employee to 900 pounds (4 kN) when used with a body belt;
(Note: body belts not allowed after January 1, 1998.)
 - (ii) limit maximum arresting force on an employee to 1,800 pounds (8 kN) when used with a body harness;
 - (iii) be rigged such that an employee can neither free fall more than 6 feet (1.8 m), nor contact any lower level;
 - (iv) bring an employee to a complete stop and limit maximum deceleration distance an employee travels to 3.5 feet (1.07 m); and,
 - (v) have sufficient strength to withstand twice the potential impact energy of an employee free falling a distance of 6 feet (1.8 m), or the free fall distance permitted by the system, whichever is less.

Note: If the personal fall arrest system meets the criteria and protocols contained in Appendix C to subpart M, and if the system is being used by an employee having a combined person and tool weight of less than 310 pounds (140 kg), the system will be considered to be in compliance with the provisions of paragraph (d)(16) of this section. If the system is used by an employee having a combined tool and body weight of 310 pounds (140 kg) or more, then the employer must appropriately modify the criteria and protocols of the Appendix to provide proper protection for such heavier weights, or the system will not be deemed to be in compliance with the requirements of paragraph (d)(16) of this section.

- (17) The attachment point of the body belt shall be located in the center of the wearer's back. The attachment point of the body harness shall be located in the center of the wearer's back near shoulder level, or above the wearer's head.

- (18) Body belts, harnesses, and components shall be used only for employee protection (as part of a personal fall arrest system or positioning device system) and not to hoist materials.
- (19) Personal fall arrest systems and components subjected to impact loading shall be immediately removed from service and shall not be used again for employee protection until inspected and determined by a competent person to be undamaged and suitable for reuse.
- (20) The employer shall provide for prompt rescue of employees in the event of a fall or shall assure that employees are able to rescue themselves.
- (21) Personal fall arrest systems shall be inspected prior to each use for wear, damage and other deterioration, and defective components shall be removed from service.
- (22) Body belts shall be at least one and five-eighths (1 5/8) inches (4.1 cm) wide.
- (23) Personal fall arrest systems shall not be attached to guardrail systems, nor shall they be attached to hoists except as specified in other subparts of this Part.
- (24) When a personal fall arrest system is used at hoist areas, it shall be rigged to allow the movement of the employee only as far as the edge of the walking/working surface.

437-003-0502 Personal Fall Restraint

Fall restraint systems and their use shall conform to the following provisions:

- (1) Personal fall restraint systems shall be rigged to prevent the user from falling any distance.*
- (2) Fall restraint systems must use fall arrest system components that conform to the criteria in 1926.502, except as otherwise provided for in this section.*

Exception: A body belt may be used in fall restraint systems.

- (3) The attachment point to the body belt or full body harness may be at the back, front or side dee-rings.*
- (4) Anchorages used for attachment of personal fall restraint equipment shall be independent of any anchorage being used to support or suspend platforms and shall be capable of supporting 3000 pounds (13.3kN) per employee attached, or be designed, installed and used as follows:*

- (a) as part of a complete personal fall restraint system which maintains a safety factor of at least two; and*
- (b) under the supervision of a qualified person.*

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02

- (e) Positioning device systems. Positioning device systems and their use shall conform to the following provisions:
- (1) Positioning devices shall be rigged such that an employee cannot free fall more than 2 feet (.9 m).
 - (2) Positioning devices shall be secured to an anchorage capable of supporting at least twice the potential impact load of an employee's fall or 3,000 pounds (13.3 kN), whichever is greater.
 - (3) Connectors shall be drop forged, pressed or formed steel, or made of equivalent materials.
 - (4) Connectors shall have a corrosion-resistant finish, and all surfaces and edges shall be smooth to prevent damage to interfacing parts of this system.
 - (5) Connecting assemblies shall have a minimum tensile strength of 5,000 pounds (22.2 kN).
 - (6) Dee-rings and snaphooks shall be proof-tested to a minimum tensile load of 3,600 pounds (16 kN) without cracking, breaking, or taking permanent deformation.
 - (7) Snaphooks shall be sized to be compatible with the member to which they are connected to prevent unintentional disengagement of the snaphook by depression of the snaphook keeper by the connected member, or shall be a locking type snaphook designed and used to prevent disengagement of the snaphook by the contact of the snaphook keeper by the connected member. As of January 1, 1998, only locking type snaphooks shall be used.
 - (8) Unless the snaphook is a locking type and designed for the following connections, snaphooks shall not be engaged:
 - (i) directly to webbing, rope or wire rope;
 - (ii) to each other;

- (iii) to a dee-ring to which another snaphook or other connector is attached;
 - (iv) to a horizontal lifeline; or
 - (v) to any 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.
- (9) Positioning device systems shall be inspected prior to each use for wear, damage, and other deterioration, and defective components shall be removed from service.
- (10) Body belts, harnesses, and components shall be used only for employee protection (as part of a personal fall arrest system or positioning device system) and not to hoist materials.

437-003-1502 Warning line systems for roofing work

- (1) *A warning line system shall not be used as fall protection on roof slopes greater than 2 in 12 (vertical to horizontal).*
- (2) *Employees performing roofing work between a roof edge and a warning line must be protected by a personal fall arrest system, personal fall restraint system, guardrail system, safety net system, or safety monitoring system.*

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02.

- (f) Warning line systems. Warning line systems and their use shall comply with the following provisions:
- (1) The warning line shall be erected around all sides of the roof work area.
 - (i) When mechanical equipment is not being used, the warning line shall be erected not less than 6 feet (1.8 m) from the roof edge.
 - (ii) When mechanical equipment is being used, the warning line shall be erected not less than 6 feet (1.8 m) from the roof edge which is parallel to the direction of mechanical equipment operation, and not less than 10 feet (3.1 m) from the roof edge which is perpendicular to the direction of mechanical equipment operation.

- (iii) Points of access, materials handling areas, storage areas, and hoisting areas shall be connected to the work area by an access path formed by two warning lines.
 - (iv) When the path to a point of access is not in use, a rope, wire, chain, or other barricade, equivalent in strength and height to the warning line, shall be placed across the path at the point where the path intersects the warning line erected around the work area, or the path shall be offset such that a person cannot walk directly into the work area.
- (2) Warning lines shall consist of ropes, wires, or chains, and supporting stanchions erected as follows:
- (i) The rope, wire, or chain shall be flagged at not more than 6-foot (1.8 m) intervals with high-visibility material;
 - (ii) The rope, wire, or chain shall be rigged and supported in such a way that its lowest point (including sag) is no less than 34 inches (.9 m) from the walking/ working surface and its highest point is no more than 39 inches (1.0 m) from the walking/working surface;
 - (iii) After being erected, with the rope, wire, or chain attached, stanchions shall be capable of resisting, without tipping over, a force of at least 16 pounds (71 N) applied horizontally against the stanchion, 30 inches (.8 m) above the walking/ working surface, perpendicular to the warning line, and in the direction of the floor, roof, or platform edge;
 - (iv) The rope, wire, or chain shall have a minimum tensile strength of 500 pounds (2.22 kN), and after being attached to the stanchions, shall be capable of supporting, without breaking, the loads applied to the stanchions as prescribed in paragraph (f)(2)(iii) of this section; and
 - (v) The line shall be attached at each stanchion in such a way that pulling on one section of the line between stanchions will not result in slack being taken up in adjacent sections before the stanchion tips over.
- (3) No employee shall be allowed in the area between a roof edge and a warning line unless the employee is performing roofing work in that area.
- (4) Mechanical equipment on roofs shall be used or stored only in areas where employees are protected by a warning line system, guardrail system, or personal fall arrest system.

Note: 1926.502(g) and (h) were repealed. In Oregon, 437-003-2502 applies.

437-003-2502 Safety monitoring systems

Safety monitoring systems for roofing work and their use shall comply with the following provisions.

- (1) A safety monitoring system shall not be used as a fall protection system for any work other than roofing work on roof slopes of 2 in 12 (vertical to horizontal) or less.*
- (2) The use of a safety monitoring system alone (i.e., without the warning line system) is not permitted on roofs more than 50 feet (15.25 m) in width. (see Appendix A of this subdivision)*
- (3) The employer shall designate a competent person to monitor the safety of other employees and the employer shall ensure that the safety monitor complies with the following requirements:*
 - (a) The safety monitor shall be competent to recognize fall hazards;*
 - (b) The safety monitor shall warn the employee when it appears that the employee is unaware of a fall hazard or is acting in an unsafe manner;*
 - (c) The safety monitor shall be on the same walking/working surface and within visual sighting distance of the employee being monitored;*
 - (d) The safety monitor shall be close enough to communicate orally with the employee; and*
 - (e) The safety monitor shall not have other responsibilities which could take the monitor's attention from the monitoring function.*
- (4) Mechanical equipment shall not be used or stored in areas where safety monitoring systems are being used to monitor employees engaged in roofing operations.*
- (5) No employee, other than an employee engaged in roofing work shall be allowed in an area where an employee is being protected by a safety monitoring system.*

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02

- (i) Covers. Covers for holes in floors, roofs, and other walking/working surfaces shall meet the following requirements:*

- (1) Covers located in roadways and vehicular aisles shall be capable of supporting, without failure, at least twice the maximum axle load of the largest vehicle expected to cross over the cover.
- (2) All other covers 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 any one time.
- (3) All covers shall be secured when installed so as to prevent accidental displacement by the wind, equipment, or employees.
- (4) All covers shall be color coded or they shall be marked with the word "HOLE" or "COVER" to provide warning of the hazard.

Note: This provision does not apply to cast iron manhole covers or steel grates used on streets or roadways.

- (j) Protection from falling objects. Falling object protection shall comply with the following provisions:
- (1) Toeboards, when used as falling object protection, shall be erected along the edge of the overhead walking/working surface for a distance sufficient to protect employees below.
 - (2) Toeboards shall be capable of withstanding, without failure, a force of at least 50 pounds (222 N) applied in any downward or outward direction at any point along the toeboard.
 - (3) Toeboards shall be a minimum of 3 1/2 inches (9 cm) in vertical height from their top edge to the level of the walking/working surface. They shall have not more than 1/4 inch (0.6 cm) clearance above the walking/working surface. They shall be solid or have openings not over 1 inch (2.5 cm) in greatest dimension.
 - (4) Where tools, equipment, or materials are piled higher than the top edge of a toeboard, paneling or screening shall be erected from the walking/working surface or toeboard to the top of a guardrail system's top rail or midrail, for a distance sufficient to protect employees below.
 - (5) Guardrail systems, when used as falling object protection, shall have all openings small enough to prevent passage of potential falling objects.
 - (6) During the performance of overhand bricklaying and related work:
 - (i) No materials or equipment except masonry and mortar shall be stored within 4 feet (1.2 m) of the working edge.

(ii) Excess mortar, broken or scattered masonry units, and all other materials and debris shall be kept clear from the work area by removal at regular intervals.

(7) During the performance of roofing work:

(i) Materials and equipment shall not be stored within 6 feet (1.8 m) of a roof edge unless guardrails are erected at the edge.

(ii) Materials which are piled, grouped, or stacked near a roof edge shall be stable and self-supporting.

(8) Canopies, when used as falling object protection, shall be strong enough to prevent collapse and to prevent penetration by any objects which may fall onto the canopy.

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 6-1995, f. 4/18/95, ef. 6/1/95.

OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02.

Note: 1926.502(k) was repealed. In Oregon, 437-003-1501 applies.

Note: 1926.503 was repealed. In Oregon, 437-003-0503 applies.

437-003-0503 Training requirements

(1) Training Program.

- (a) The employer shall provide a training program for each employee who might be exposed to fall hazards. The program shall enable each employee to recognize the hazards of falling and shall train each employee in the procedures to be followed in order to minimize these hazards.***
- (b) The employer shall assure that each employee has been trained, as necessary, by a competent person qualified in the following areas:***
 - (A) The nature of fall hazards in the work area;***
 - (B) The correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used;***
 - (C) The use and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, personal fall restraint systems, positioning devices, and other appropriate protection to be used;***
 - (D) The role of each employee in the safety monitoring system when this system is used;***
 - (E) The limitations on the use of mechanical equipment during the performance of roofing work;***
 - (F) The correct procedures for the handling and storage of equipment and materials and the erection of overhead protection; and***
 - (G) The role of employees in the fall protection work plan;***
 - (H) The standards contained in this subpart.***

(2) Certification of training.

- (a) The employer shall verify compliance with paragraph (a) of this section by preparing a written certification record. The written certification record shall contain the name or other identity of the employee trained, the date(s) of the training, and the signature of the person who conducted the training or the signature of the employer. If the employer relies on training conducted by another employer or completed prior to the effective date of this section, the certification record shall indicate the date the employer determined the prior training was adequate rather than the date of actual training.*
- (b) The latest training certification shall be maintained.*
- (3) Retraining. When the employer has reason to believe that any affected employee who has already been trained does not have the understanding and skill required by paragraph (a) of this section, the employer shall retrain each such employee. Circumstances where retraining is required include, but are not limited to, situations where:*
- (a) Changes in the workplace render previous training obsolete; or*
- (b) Changes in the types of fall protection systems or equipment to be used render previous training obsolete; or*
- (c) Inadequacies in an affected employee's knowledge or use of fall protection systems or equipment indicate that the employee has not retained the requisite understanding or skill.*

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 6-2002, f. 7/19/02, ef. 7/19/02.
OR-OSHA Admin. Order 2-2016, f. 3/1/16, ef. 10/1/17.

Note: Oregon repealed 1926.501(b). In Oregon, use 437-003-2502(2) with this Appendix.

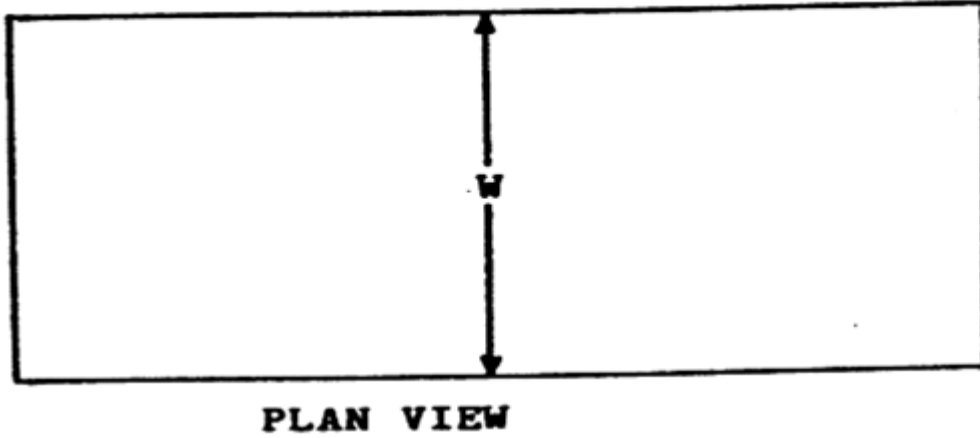
Note: The following appendices to subpart M of this part serve as non-mandatory guidelines to assist employers in complying with the appropriate requirements of subpart M of this part.

Appendix A to Subpart M – Determining Roof Widths Non-Mandatory Guidelines for Complying with 437-003-2502(2)

- (1) This Appendix serves as a guideline to assist employers complying with the requirements of 1926.501(b)(10). Section 1910.501(b)(10) allows the use of a safety monitoring system alone as a means of providing fall protection during the performance of roofing operations on low-sloped roofs 50 feet (15.25 m) or less in width. Each example in the appendix shows a roof plan or plans and indicates where each roof or roof area is to be measured to determine its width. Section views or elevation views are shown where appropriate. Some examples show “correct” and “incorrect” subdivisions of irregularly shaped roofs divided into smaller, regularly shaped areas. In all examples, the dimension selected to be the width of an area is the lesser of the two primary dimensions of the area, as viewed from above. [Example A](#) shows that on a simple rectangular roof, width is the lesser of the two primary overall dimensions. This is also the case with roofs which are sloped toward or away from the roof center, as shown in [Example B](#).
- (2) Many roofs are not simple rectangles. Such roofs may be broken down into subareas as shown in [Example C](#). The process of dividing a roof area can produce many different configurations. [Example C](#) gives the general rule of using dividing lines of minimum length to minimize the size and number of the areas which are potentially less than 50 feet (15.25 m) wide. The intent is to minimize the number of roof areas where safety monitoring systems alone are sufficient protection.
- (3) Roofs which are comprised of several separate, non-contiguous roof areas, as in [Example D](#), may be considered as a series of individual roofs. Some roofs have penthouses, additional floors, courtyard openings, or similar architectural features; [Example E](#) shows how the rule for dividing roofs into subareas is applied to such configurations. Irregular, non-rectangular roofs must be considered on an individual basis, as shown in [Example F](#).

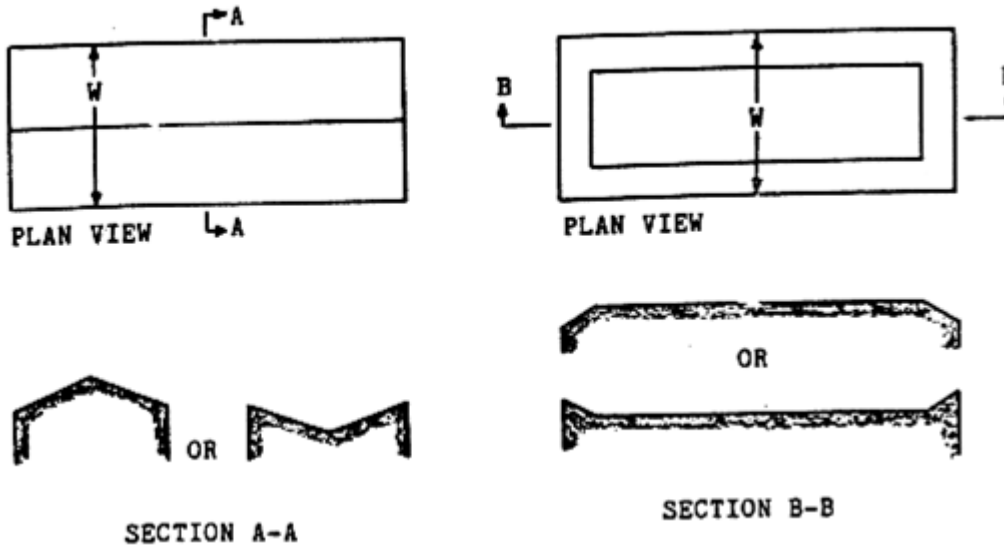
BILLING CODE 4510-26-P

1 Example A
Rectangular Shaped Roofs



BILLING CODE 4510-26-C

2 Example B
Sloped Regular Shaped Roofs



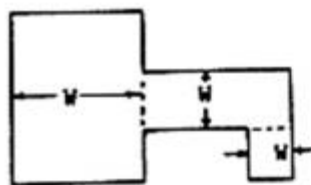
BILLING CODE 4510-26-C

3 Example C

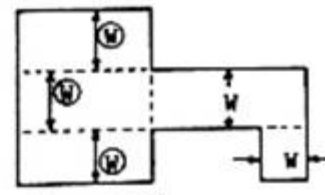
Irregularly Shaped Roofs With Regular Shaped Sections

Such roofs are to be divided into sub-areas by using dividing lines of minimum length to minimize the size and number of the areas which are potentially less than or equal to 50 feet (15.25 meters) in width, in order to limit the size of roof areas where the safety monitoring system alone can be used. Dotted lines are used in the examples to show the location of dividing lines. W (with a circle around it) denotes incorrect measurements of width.

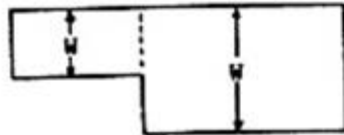
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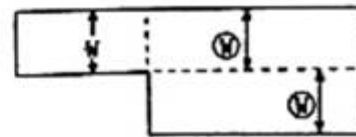
Correct



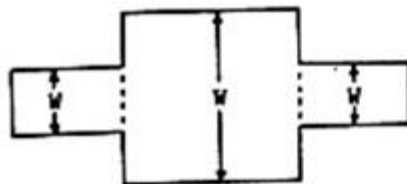
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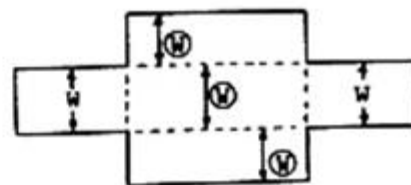
Correct



Incorrect



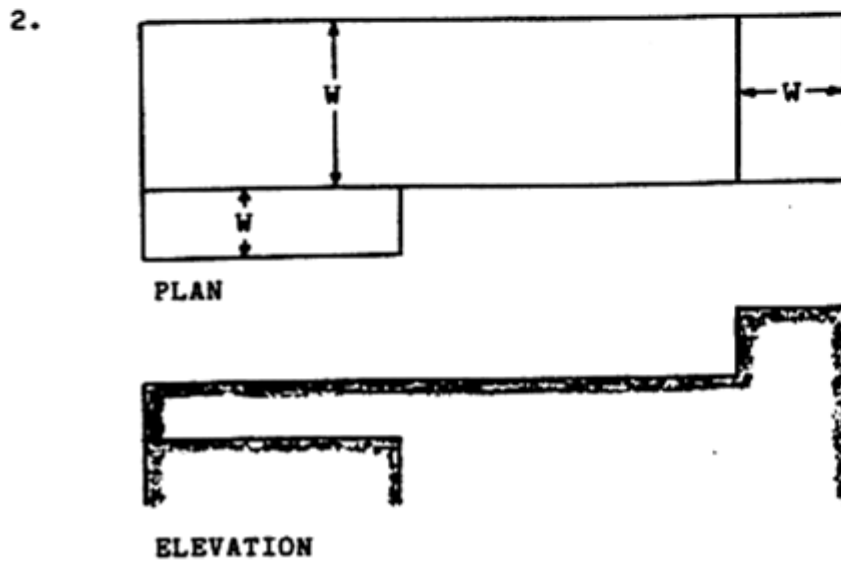
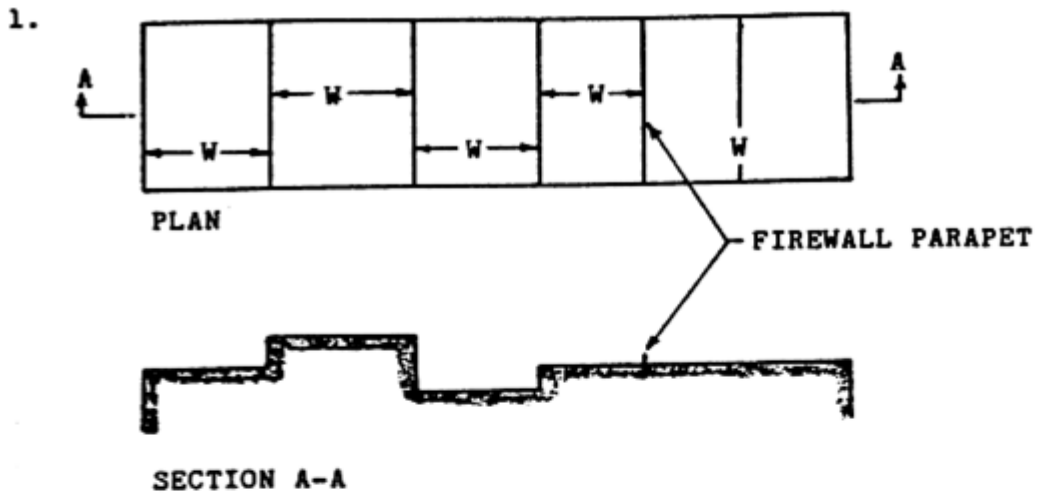
Correct



Incorrect

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4 Example D
Separate, Non-Contiguous Roof Areas



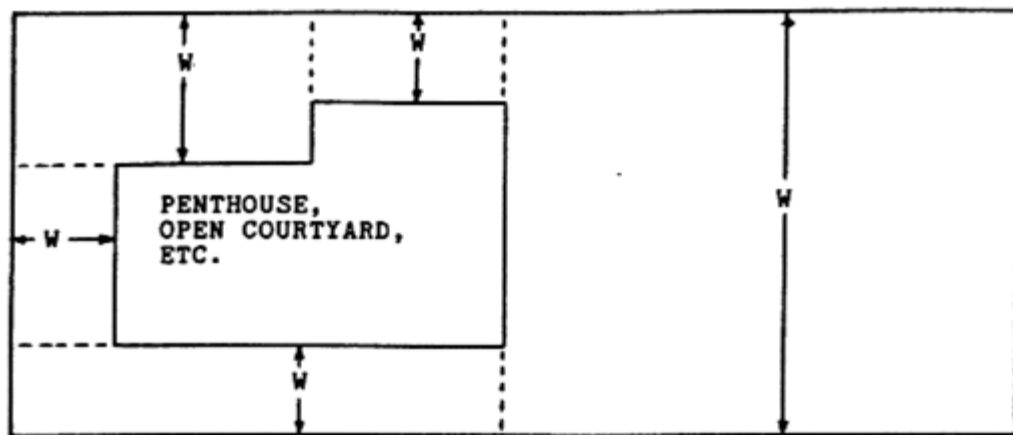
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5 Example E

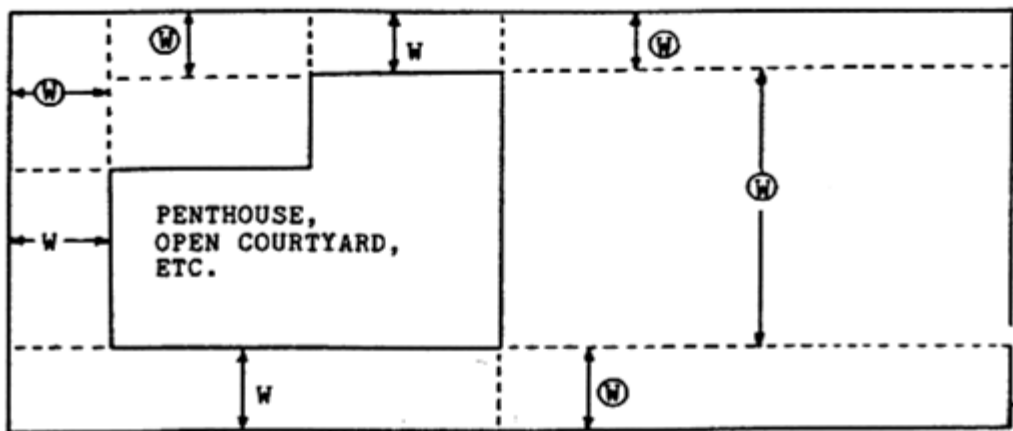
Roofs With Penthouses, Open Courtyards, Additional Floors, etc.

Such roofs are to be divided into sub-areas by using dividing lines of minimum length to minimize the size and number of the areas which are potentially less than or equal to 50 feet (15.25 meters) in width, in order to limit the size of roof areas where the safety monitoring system alone can be used. Dotted lines are used in the examples to show the location of dividing lines. W (with a circle around it) denotes incorrect measurements of width.

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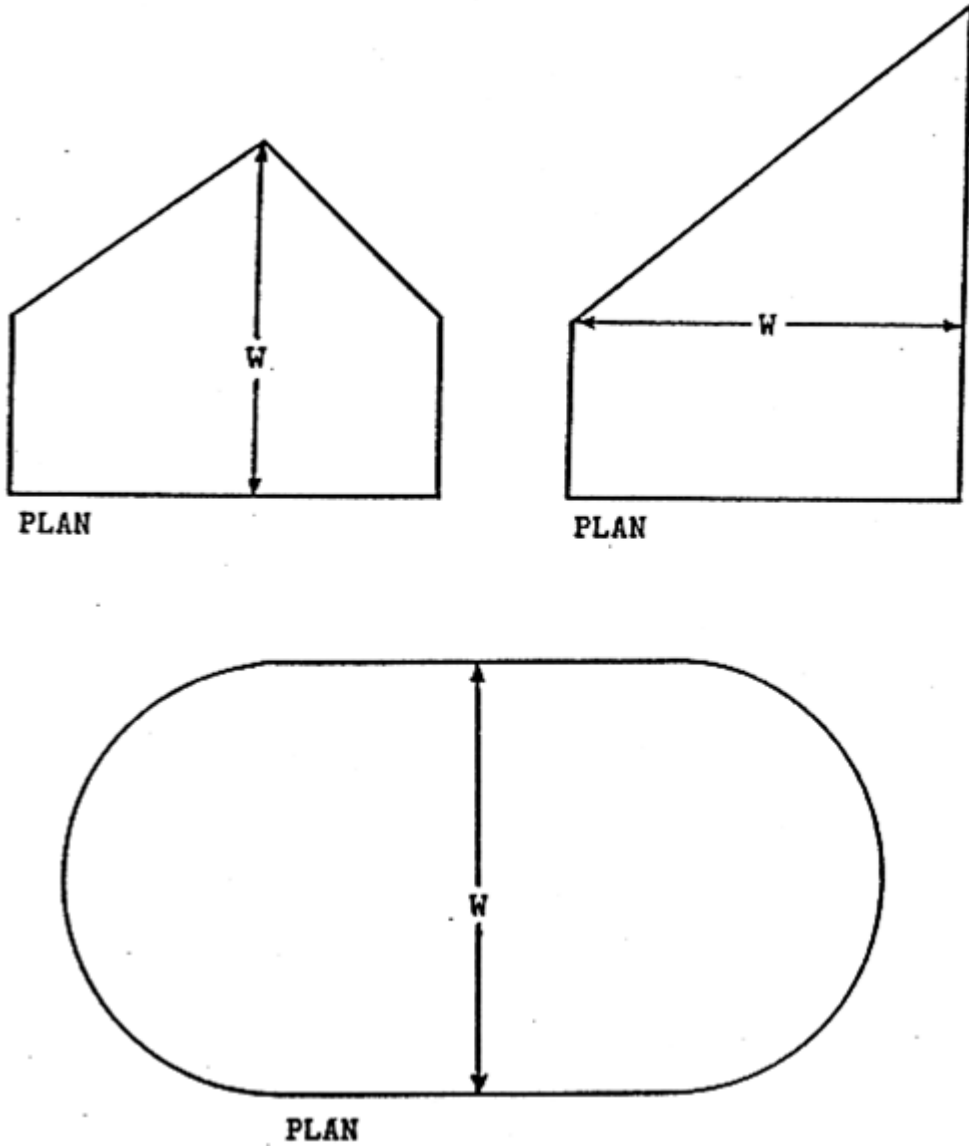
Correct



Incorrect

BILLING CODE 4510-26-C

6 Example F
Irregular, Non-Rectangular Shaped Roofs



BILLING CODE 4510-26-C

Stat. Auth.: ORS 654.025(2) and 656.726(3).
Hist: OR-OSHA Admin. Order 6-1995, f. 4/18/95, ef. 6/1/95.

Appendix B to Subpart M – Guardrail Systems Non-Mandatory Guidelines for Complying with 1926.502(b)

The standard requires guardrail systems and components to be designed and built to meet the requirements of 1926.502(b)(3), (4), and (5). This Appendix serves as a non-mandatory guideline to assist employers in complying with these requirements. An employer may use these guidelines as a starting point for designing guardrail systems. However, the guidelines do not provide all the information necessary to build a complete system, and the employer is still responsible for designing and assembling these components in such a way that the completed system will meet the requirements of 1926.502(b)(3), (4), and (5). Components for which no specific guidelines are given in this Appendix (e.g., joints, base connections, components made with other materials, and components with other dimensions) must also be designed and constructed in such a way that the completed system meets the requirements of 1926.502.

- (1) For wood railings: Wood components shall be minimum 1500 lb-ft/in² fiber (stress grade) construction grade lumber; the posts shall be at least 2-inch by 4-inch (5 cm x 10 cm) lumber spaced not more than 8 feet (2.4 m) apart on centers; the top rail shall be at least 2 inch by 4-inch (5 cm x 10 cm) lumber, the intermediate rail shall be at least 1-inch by 6 inch (2.5 cm x 15 cm) lumber. All lumber dimensions are nominal sizes as provided by the American Softwood Lumber Standards, dated January 1970.
- (2) For pipe railings: posts, top rails, and intermediate railings shall be at least one and one-half inches nominal diameter (schedule 40 pipe) with posts spaced not more than 8 feet (2.4 m) apart on centers.
- (3) For structural steel railings: posts, top rails, and intermediate rails shall be at least 2 inch by 2-inch (5 cm x 10 cm) by 3/8-inch (1.1 cm) angles, with posts spaced not more than 8 feet (2.4 m) apart on centers.

Stat. Auth.: ORS 654.025(2) and 656.726(3).

Hist: OR-OSHA Admin. Order 6-1995, f. 4/18/95, ef. 6/1/95.

Appendix C to Subpart M – Personal Fall Arrest Systems Non-Mandatory Guidelines for Complying with 1926.502(d)

I. Test methods for personal fall arrest systems and positioning device systems.

- (a) General. This appendix serves as a non-mandatory guideline to assist employers comply with the requirements in 1926.502(d). Paragraphs (b), (c), (d) and (e) of this Appendix describe test procedures which may be used to determine compliance with the requirements in 1926.502(d)(16). As noted in Appendix D of this subpart, the test methods listed here in Appendix C can also be used to assist employers comply with the requirements in 1926.502(e)(3) and (4) for positioning device systems.
- (b) General conditions for all tests in the Appendix to 1926.502(d).
 - (1) Lifelines, lanyards and deceleration devices should be attached to an anchorage and connected to the body-belt or body harness in the same manner as they would be when used to protect employees.
 - (2) The anchorage should be rigid, and should not have a deflection greater than 0.04 inches (1 mm) when a force of 2,250 pounds (10 kN) is applied.
 - (3) The frequency response of the load measuring instrumentation should be 500 Hz.
 - (4) The test weight used in the strength and force tests should be a rigid, metal, cylindrical or torso-shaped object with a girth of 38 inches plus or minus 4 inches (96 cm plus or minus 10 cm).
 - (5) The lanyard or lifeline used to create the free fall distance should be supplied with the system, or in its absence, the least elastic lanyard or lifeline available to be used with the system.
 - (6) The test weight for each test should be hoisted to the required level and should be quickly released without having any appreciable motion imparted to it.
 - (7) The system's performance should be evaluated taking into account the range of environmental conditions for which it is designed to be used.
 - (8) Following the test, the system need not be capable of further operation.
- (c) Strength test.

- (1) During the testing of all systems, a test weight of 300 pounds plus or minus 5 pounds (135 kg plus or minus 2.5 kg) should be used. (See paragraph (b)(4) of this section.)
- (2) The test consists of dropping the test weight once. A new unused system should be used for each test.
- (3) For lanyard systems, the lanyard length should be 6 feet plus or minus 2 inches (1.83 m plus or minus 5 cm) as measured from the fixed anchorage to the attachment on the body belt or body harness.
- (4) For rope-grab-type deceleration systems, the length of the lifeline above the centerline of the grabbing mechanism to the lifeline's anchorage point should not exceed 2 feet (0.61 m).
- (5) For lanyard systems, for systems with deceleration devices which do not automatically limit free fall distance to 2 feet (0.61 m) or less, and for systems with deceleration devices which have a connection distance in excess of 1 foot (0.3 m) (measured between the centerline of the lifeline and the attachment point to the body belt or harness), the test weight should be rigged to free fall a distance of 7.5 feet (2.3 m) from a point that is 1.5 feet (.46 m) above the anchorage point, to its hanging location (6 feet below the anchorage). The test weight should fall without interference, obstruction, or hitting the floor or ground during the test. In some cases a non-elastic wire lanyard of sufficient length may need to be added to the system (for test purposes) to create the necessary free fall distance.
- (6) For deceleration device systems with integral lifelines or lanyards which automatically limit free fall distance to 2 feet (0.61 m) or less, the test weight should be rigged to free fall a distance of 4 feet (1.22 m).
- (7) Any weight which detaches from the belt or harness has failed the strength test.

(d) Force test.

- (1) General. The test consists of dropping the respective test weight once as specified in paragraph (d)(2)(i) or (d)(3)(i) of this section. A new, unused system should be used for each test.
- (2) For lanyard systems.

- (i) A test weight of 220 pounds plus or minus 3 pounds (100 kg plus or minus 1.6 kg) should be used. (See paragraph (b)(4) of this appendix.)
 - (ii) Lanyard length should be 6 feet plus or minus two inches (1.83 m plus or minus 5 cm) as measured from the fixed anchorage to the attachment on the body belt or body harness.
 - (iii) The test weight should fall free from the anchorage level to its hanging location (a total of 6 feet (1.83 m) free fall distance) without interference, obstruction, or hitting the floor or ground during the test.
- (3) For all other systems.
- (i) A test weight of 220 pounds plus or minus 3 pounds (100 kg plus or minus 1.6 kg) should be used. (See paragraph (b)(4) of this appendix.)
 - (ii) The free fall distance to be used in the test should be the maximum fall distance physically permitted by the system during normal use conditions, up to a maximum free fall distance for the test weight of 6 feet (1.83 m), except as follows:
 - (A) For deceleration systems which have a connection link or lanyard, the test weight should free fall a distance equal to the connection distance (measured between the centerline of the lifeline and the attachment point to the body belt or harness).
 - (B) For deceleration device systems with integral lifelines or lanyards which automatically limit free fall distance to 2 feet (0.61 m) or less, the test weight should free fall a distance equal to that permitted by the system in normal use. (For example, to test a system with a self-retracting lifeline or lanyard, the test weight should be supported and the system allowed to retract the lifeline or lanyard as it would in normal use. The test weight would then be released and the force and deceleration distance measured.)
- (4) A system fails the force test if the recorded maximum arresting force exceeds 1,260 pounds (5.6 kN) when using a body belt, and/or exceeds 2,520 pounds (11.2 kN) when using a body harness.
- (5) The maximum elongation and deceleration distance should be recorded during the force test.

(e) Deceleration device tests.

- (1) General. The device should be evaluated or tested under the environmental conditions, (such as rain, ice, grease, dirt, type of lifeline, etc.), for which the device is designed.
- (2) Rope-grab-type deceleration devices.
 - (i) Devices should be moved on a lifeline 1,000 times over the same length of line a distance of not less than 1 foot (30.5 cm), and the mechanism should lock each time.
 - (ii) Unless the device is permanently marked to indicate the type(s) of lifeline which must be used, several types (different diameters and different materials), of lifelines should be used to test the device.
- (3) Other self-activating-type deceleration devices. The locking mechanisms of other self-activating-type deceleration devices designed for more than one arrest should lock each of 1,000 times as they would in normal service.

II. Additional non-mandatory guidelines for personal fall arrest systems. The following information constitutes additional guidelines for use in complying with requirements for a personal fall arrest system.

(a) Selection and use considerations.

- (1) The kind of personal fall arrest system selected should match the particular work situation, and any possible free fall distance should be kept to a minimum. Consideration should be given to the particular work environment. For example, the presence of acids, dirt, moisture, oil, grease, etc., and their effect on the system, should be evaluated. Hot or cold environments may also have an adverse effect on the system. Wire rope should not be used where an electrical hazard is anticipated. As required by the standard, the employer must plan to have means available to promptly rescue an employee should a fall occur, since the suspended employee may not be able to reach a work level independently.

- (2) Where lanyards, connectors, and lifelines are subject to damage by work operations such as welding, chemical cleaning, and sandblasting, the component should be protected, or other securing systems should be used. The employer should fully evaluate the work conditions and environment (including seasonal weather changes) before selecting the appropriate personal fall protection system. Once in use, the system's effectiveness should be monitored. In some cases, a program for cleaning and maintenance of the system may be necessary.
- (b) Testing considerations. Before purchasing or putting into use a personal fall arrest system, an employer should obtain from the supplier information about the system based on its performance during testing so that the employer can know if the system meets this standard. Testing should be done using recognized test methods. This Appendix contains test methods recognized for evaluating the performance of fall arrest systems. Not all systems may need to be individually tested; the performance of some systems may be based on data and calculations derived from testing of similar systems, provided that enough information is available to demonstrate similarity of function and design.
- (c) Component compatibility considerations. Ideally, a personal fall arrest system is designed, tested, and supplied as a complete system. However, it is common practice for lanyards, connectors, lifelines, deceleration devices, body belts and body harnesses to be interchanged since some components wear out before others. The employer and employee should realize that not all components are interchangeable. For instance, a lanyard should not be connected between a body belt (or harness) and a deceleration device of the self-retracting type since this can result in additional free fall for which the system was not designed. Any substitution or change to a personal fall arrest system should be fully evaluated or tested by a competent person to determine that it meets the standard, before the modified system is put in use.

- (d) Employee training considerations. Thorough employee training in the selection and use of personal fall arrest systems is imperative. Employees must be trained in the safe use of the system. This should include the following: application limits; proper anchoring and tie-off techniques; estimation of free fall distance, including determination of deceleration distance, and total fall distance to prevent striking a lower level; methods of use; and inspection and storage of the system. Careless or improper use of the equipment can result in serious injury or death. Employers and employees should become familiar with the material in this Appendix, as well as manufacturer's recommendations, before a system is used. Of uppermost importance is the reduction in strength caused by certain tie-offs (such as using knots, tying around sharp edges, etc.) and maximum permitted free fall distance. Also, to be stressed are the importance of inspections prior to use, the limitations of the equipment, and unique conditions at the worksite which may be important in determining the type of system to use.
- (e) Instruction considerations. Employers should obtain comprehensive instructions from the supplier as to the system's proper use and application, including, where applicable:
- (1) The force measured during the sample force test;
 - (2) The maximum elongation measured for lanyards during the force test;
 - (3) The deceleration distance measured for deceleration devices during the force test;
 - (4) Caution statements on critical use limitations;
 - (5) Application limits;
 - (6) Proper hook-up, anchoring and tie-off techniques, including the proper dee-ring or other attachment point to use on the body belt and harness for fall arrest;
 - (7) Proper climbing techniques;
 - (8) Methods of inspection, use, cleaning, and storage; and
 - (9) Specific lifelines which may be used. This information should be provided to employees during training.

- (f) Rescue considerations. As required by §1926.502(d)(20), when personal fall arrest systems are used, the employer must assure that employees can be promptly rescued or can rescue themselves should a fall occur. The availability of rescue personnel, ladders or other rescue equipment should be evaluated. In some situations, equipment which allows employees to rescue themselves after the fall has been arrested may be desirable, such as devices which have descent capability.
- (g) Inspection considerations. As required by §1926.502(d)(21), personal fall arrest systems must be regularly inspected. Any component with any significant defect, such as cuts, tears, abrasions, mold, or undue stretching; alterations or additions which might affect its efficiency; damage due to deterioration; contact with fire, acids, or other corrosives; distorted hooks or faulty hook springs; tongues unfitted to the shoulder of buckles; loose or damaged mountings; non-functioning parts; or wearing or internal deterioration in the ropes must be withdrawn from service immediately, and should be tagged or marked as unusable, or destroyed.
- (h) Tie-off considerations.
 - (1) One of the most important aspects of personal fall protection systems is fully planning the system before it is put into use. Probably the most overlooked component is planning for suitable anchorage points. Such planning should ideally be done before the structure or building is constructed so that anchorage points can be incorporated during construction for use later for window cleaning or other building maintenance. If properly planned, these anchorage points may be used during construction, as well as afterwards.
 - (i) Properly planned anchorages should be used if they are available. In some cases, anchorages must be installed immediately prior to use. In such cases, a registered professional engineer with experience in designing fall protection systems, or another qualified person with appropriate education and experience should design an anchor point to be installed.

- (ii) In other cases, the Agency recognizes that there will be a need to devise an anchor point from existing structures. Examples of what might be appropriate anchor points are steel members or I-beams if an acceptable strap is available for the connection (do not use a lanyard with a snaphook clipped onto itself); large eye-bolts made of an appropriate grade steel; guardrails or railings if they have been designed for use as an anchor point; or masonry or wood members only if the attachment point is substantial and precautions have been taken to assure that bolts or other connectors will not pull through. A qualified person should be used to evaluate the suitability of these "make shift" anchorages with a focus on proper strength.
- (2) Employers and employees should at all times be aware that the strength of a personal fall arrest system is based on its being attached to an anchoring system which does not reduce the strength of the system (such as a properly dimensioned eye-bolt/snap-hook anchorage). Therefore, if a means of attachment is used that will reduce the strength of the system, that component should be replaced by a stronger one, but one that will also maintain the appropriate maximum arrest force characteristics.
- (3) Tie-off using a knot in a rope lanyard or lifeline (at any location) can reduce the lifeline or lanyard strength by 50 percent or more. Therefore, a stronger lanyard or lifeline should be used to compensate for the weakening effect of the knot, or the lanyard length should be reduced (or the tie-off location raised) to minimize free fall distance, or the lanyard or lifeline should be replaced by one which has an appropriately incorporated connector to eliminate the need for a knot.
- (4) Tie-off of a rope lanyard or lifeline around an "H" or "I" beam or similar support can reduce its strength as much as 70 percent due to the cutting action of the beam edges. Therefore, use should be made of a webbing lanyard or wire core lifeline around the beam; or the lanyard or lifeline should be protected from the edge; or free fall distance should be greatly minimized.
- (5) Tie-off where the line passes over or around rough or sharp surfaces reduces strength drastically. Such a tie-off should be avoided or an alternative tie-off rigging should be used. Such alternatives may include use of a snap-hook/dee-ring connection, wire rope tie-off, an effective padding of the surfaces, or an abrasion-resistance strap around or over the problem surface.

- (6) Horizontal lifelines may, depending on their geometry and angle of sag, be subjected to greater loads than the impact load imposed by an attached component. When the angle of horizontal lifeline sag is less than 30 degrees, the impact force imparted to the lifeline by an attached lanyard is greatly amplified. For example, with a sag angle of 15 degrees, the force amplification is about 2:1 and at 5 degrees sag, it is about 6:1. Depending on the angle of sag, and the line's elasticity, the strength of the horizontal lifeline and the anchorages to which it is attached should be increased a number of times over that of the lanyard. Extreme care should be taken in considering a horizontal lifeline for multiple tie-offs. The reason for this is that in multiple tie-offs to a horizontal lifeline, if one employee falls, the movement of the falling employee and the horizontal lifeline during arrest of the fall may cause other employees to fall also. Horizontal lifeline and anchorage strength should be increased for each additional employee to be tied off. For these and other reasons, the design of systems using horizontal lifelines must only be done by qualified persons. Testing of installed lifelines and anchors prior to use is recommended.
- (7) The strength of an eye-bolt is rated along the axis of the bolt and its strength is greatly reduced if the force is applied at an angle to this axis (in the direction of shear). Also, care should be exercised in selecting the proper diameter of the eye to avoid accidental disengagement of snap-hooks not designed to be compatible for the connection.
- (8) Due to the significant reduction in the strength of the lifeline/lanyard (in some cases, as much as a 70 percent reduction), the sliding hitch knot (prusik) should not be used for lifeline/lanyard connections except in emergency situations where no other available system is practical. The "one-and-one" sliding hitch knot should never be used because it is unreliable in stopping a fall. The "two-and-two," or "three-and-three" knot (preferable) may be used in emergency situations; however, care should be taken to limit free fall distance to a minimum because of reduced lifeline/lanyard strength.
- (i) Vertical lifeline considerations. As required by the standard, each employee must have a separate lifeline [except employees engaged in constructing elevator shafts who are permitted to have two employees on one lifeline] when the lifeline is vertical. The reason for this is that in multiple tie-offs to a single lifeline, if one employee falls, the movement of the lifeline during the arrest of the fall may pull other employees' lanyards, causing them to fall as well.

(j) Saphook considerations.

- (1) Although not required by this standard for all connections until January 1, 1998, locking saphooks designed for connection to suitable objects (of sufficient strength) are highly recommended in lieu of the nonlocking type. Locking saphooks incorporate a positive locking mechanism in addition to the spring loaded keeper, which will not allow the keeper to open under moderate pressure without someone first releasing the mechanism. Such a feature, properly designed, effectively prevents roll-out from occurring.
- (2) As required by §1926.502(d)(6), the following connections must be avoided (unless properly designed locking saphooks are used) because they are conditions which can result in roll-out when a nonlocking saphook is used:
 - (i) Direct connection of a saphook to a horizontal lifeline.
 - (ii) Two (or more) saphooks connected to one dee-ring.
 - (iii) Two saphooks connected to each other.
 - (iv) A saphook connected back on its integral lanyard.
 - (v) A saphook connected to a webbing loop or webbing lanyard.
 - (vi) Improper dimensions of the dee-ring, rebar, or other connection point in relation to the saphook dimensions which would allow the saphook keeper to be depressed by a turning motion of the saphook.

- (k) Free fall considerations. The employer and employee should at all times be aware that a system's maximum arresting force is evaluated under normal use conditions established by the manufacturer, and in no case using a free fall distance in excess of 6 feet (1.8 m). A few extra feet of free fall can significantly increase the arresting force on the employee, possibly to the point of causing injury. Because of this, the free fall distance should be kept at a minimum, and, as required by the standard, in no case greater than 6 feet (1.8 m). To help assure this, the tie-off attachment point to the lifeline or anchor should be located at or above the connection point of the fall arrest equipment to belt or harness. (Since otherwise additional free fall distance is added to the length of the connecting means (i.e., lanyard)). Attaching to the working surface will often result in a free fall greater than 6 feet (1.8 m). For instance, if a 6 foot (1.8 m) lanyard is used, the total free fall distance will be the distance from the working level to the body belt (or harness) attachment point plus the 6 feet (1.8 m) of lanyard length.

Another important consideration is that the arresting force which the fall system must withstand also goes up with greater distances of free fall, possibly exceeding the strength of the system.

- (l) Elongation and deceleration distance considerations. Other factors involved in a proper tie-off are elongation and deceleration distance. During the arresting of a fall, a lanyard will experience a length of stretching or elongation, whereas activation of a deceleration device will result in a certain stopping distance. These distances should be available with the lanyard or device's instructions and must be added to the free fall distance to arrive at the total fall distance before an employee is fully stopped. The additional stopping distance may be very significant if the lanyard or deceleration device is attached near or at the end of a long lifeline, which may itself add considerable distance due to its own elongation. As required by the standard, sufficient distance to allow for all of these factors must also be maintained between the employee and obstructions below, to prevent an injury due to impact before the system fully arrests the fall. In addition, a minimum of 12 feet (3.7 m) of lifeline should be allowed below the securing point of a rope grab type deceleration device, and the end terminated to prevent the device from sliding off the lifeline. Alternatively, the lifeline should extend to the ground or the next working level below. These measures are suggested to prevent the worker from inadvertently moving past the end of the lifeline and having the rope grab become disengaged from the lifeline.

- (m) Obstruction considerations. The location of the tie-off should also consider the hazard of obstructions in the potential fall path of the employee. Tie-offs which minimize the possibilities of exaggerated swinging should be considered. In addition, when a body belt is used, the employee's body will go through a horizontal position to a jackknifed position during the arrest of all falls. Thus, obstructions which might interfere with this motion should be avoided or a severe injury could occur.
- (n) Other considerations. Because of the design of some personal fall arrest systems, additional considerations may be required for proper tie-off. For example, heavy deceleration devices of the self-retracting type should be secured overhead in order to avoid the weight of the device having to be supported by the employee. Also, if self-retracting equipment is connected to a horizontal lifeline, the sag in the lifeline should be minimized to prevent the device from sliding down the lifeline to a position which creates a swing hazard during fall arrest. In all cases, manufacturer's instructions should be followed.

Stat. Auth.: ORS 654.025(2) and 656.726(3).

Hist: OR-OSHA Admin. Order 6-1995, f. 4/18/95, ef. 6/1/95.

Appendix D to Subpart M – Positioning Device Systems Non-Mandatory Guidelines for Complying with 1926.502(e)

I. Testing Methods For Positioning Device Systems. This appendix serves as a non-mandatory guideline to assist employers comply with the requirements for positioning device systems in 1926.502(e). Paragraphs (b), (c), (d) and (e) of Appendix C of subpart M relating to 1926.502(d) – Personal Fall Arrest Systems – set forth test procedures which may be used, along with the procedures listed below, to determine compliance with the requirements for positioning device systems in 1926.502(e)(3) and (4) of Subpart M.

(a) General.

- (1) Single strap positioning devices shall have one end attached to a fixed anchorage and the other end connected to a body belt or harness in the same manner as they would be used to protect employees. Double strap positioning devices, similar to window cleaner's belts, shall have one end of the strap attached to a fixed anchorage and the other end shall hang free. The body belt or harness shall be attached to the strap in the same manner as it would be used to protect employees. The two strap ends shall be adjusted to their maximum span.
- (2) The fixed anchorage shall be rigid, and shall not have a deflection greater than .04 inches (1 mm) when a force of 2,250 pounds (10 kN) is applied.
- (3) During the testing of all systems, a test weight of 250 pounds plus or minus 3 pounds (113 kg plus or minus 1.6 kg) shall be used. The weight shall be a rigid object with a girth of 38 inches plus or minus 4 inches (96 cm plus or minus 10 cm).
- (4) Each test shall consist of dropping the specified weight one time without failure of the system being tested. A new system shall be used for each test.
- (5) The test weight for each test shall be hoisted exactly 4 feet (1.2 m) above its "at rest" position), and shall be dropped so as to permit a vertical free fall of 4 feet (1.2 m).
- (6) The test is failed whenever any breakage or slippage occurs which permits the weight to fall free of the system.
- (7) Following the test, the system need not be capable of further operation; however, all such incapacities shall be readily apparent.

II. Inspection Considerations. As required in §1926.502(e)(5), positioning device systems must be regularly inspected. Any component with any significant defect, such as cuts, tears, abrasions, mold, or undue stretching; alterations or additions which might affect its efficiency; damage due to deterioration; contact with fire, acids, or other corrosives; distorted hooks or faulty hook springs; tongues unfitted to the shoulder of buckles; loose or damaged mountings; non-functioning parts; or wearing or internal deterioration in the ropes must be withdrawn from service immediately, and should be tagged or marked as unusable, or destroyed.

Stat. Auth.: ORS 654.025(2) and 656.726(3).

Hist: OR-OSHA Admin. Order 6-1995, f. 4/18/95, ef. 6/1/95.

Notes

Historical Notes for Subdivision M

NOTE: In November of 2015, Oregon OSHA proposed to revise the general fall protection requirements covered under Division 3 (Construction Industry), Subdivisions 3/M (Fall Protection) and 3/E (Personal Protective and Life Saving Equipment), as requested by federal OSHA. Federal OSHA's request was not based on data related to enforcement, but on the effectiveness of the rule itself, presuming it is followed. The proposed revisions to Subdivision 3/M and Subdivision 3/E, includes amending the 10-foot general trigger height for fall protection to 6 feet, and repealing 437-003-0134(5)(a), which has a 10-foot general fall protection trigger height requirement, due to redundancy.

Five public hearings were held during January of 2016. Oregon OSHA received oral testimony in addition to written comments. Several comments received opposed lowering the 10-foot general trigger height for fall protection to 6 feet. Reasons for the opposing comments included, but were not limited to; the belief that the hazard associated with a 6-foot fall is not an "extreme difference" than that of a 10-foot fall; employers' difficulty of ensuring employees follow company policy to use personal fall protection systems; additional costs incurred by employers and homeowners for increase use of fall protection systems, in lieu of slide guards; lack of data that supports the need to lower the current 10-foot trigger height.

Oregon OSHA considered all comments received. However, since federal OSHA's request was not based on data related to enforcement, but rather on the literal effectiveness of the rule itself, presuming it is followed, Oregon OSHA must comply with federal OSHA's request.

This is OR-OSHA Administrative Order 01-2016, adopted March 1, 2016 and effective January 1, 2017.

NOTE: In November of 2015, Oregon OSHA proposed to revise the general fall protection requirements covered under Division 3 (Construction Industry), Subdivisions 3/M (Fall Protection), as requested by federal OSHA. The proposed revisions to Subdivision 3/M, includes revoking the use of slide guards as a sole or primary fall protection system.

Five public hearings were held during January of 2016. Oregon OSHA received oral testimony in addition to written comments. Several comments received opposed the elimination of slide guards as an acceptable method of fall protection. Reasons for the opposing comments included, but were not limited to; the belief that slide guards are an effective method of fall protection, and are largely accepted; employers' difficulty of ensuring employees follow company policy to use personal fall protection systems; a potential increase of exposures to falls for delivery employees needing to install their own fall protection system rather than relying upon already installed slide guards; having multiple employees engaged in roofing work while wearing ropes and harnesses increases trip hazards; ropes can catch on and knock over stacks of material; using ropes and harnesses can slow down the job; and lack of data that supports the opinion that slide guards are not an effective means of fall protection.

Oregon OSHA considered all comments received. However, since federal OSHA’s request was not based on data related to enforcement, but rather on the literal effectiveness of the rule itself, presuming it is followed, Oregon OSHA must comply with federal OSHA’s request.

This is OR-OSHA Administrative Order 2-2016, adopted March 1, 2016 and effective October 1, 2017.

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