



# Fall Protection – Outside the Catwalk



**Some activities, such as hanging and focusing lighting instruments or audio equipment, require working on installations located outside the guardrails of catwalks, tension grids, or work platforms.**

Working outside the guardrails, even if your entire body is not beyond the railing (leaning over, reaching through), greatly increases the risk of a fall. Falls from the catwalks and elevated areas can result in serious debilitating injuries or death. If there is a risk of falling, Cal-OSHA requires fall protection to mitigate that risk.

## Guidelines

1. Participate in and successfully complete fall protection training prior to working on, from, or beyond the guardrails of catwalks, tension grids and elevated work areas.
2. Only trained and authorized personnel using an appropriate fall protection system may work outside the guardrails of catwalks, tension grids, and elevated work areas.
3. Remove all loose items from your pockets prior to ascending to the elevated areas.
4. Tie-off or otherwise attach all tools to your person.
5. Use a fall protection system when working in these areas.
6. Inspect all components of the fall protection system prior to each use.
7. Wear a full body harness that has the D-ring attachment at the back.
8. Ensure the lanyard has a breaking strength of 5,000 pounds.
9. Select a self-retracting lanyard (SRL) whenever possible.
10. Never use any means to extend the length of the lanyard. Ensure the lanyard permits a maximum free fall distance of no more than 6 feet.
11. Ensure the lanyard is attached to an anchoring point that is capable of supporting 5,000 pounds. A guardrail is not a suitable anchorage point. Contact the EH&S Department if you are unsure of the anchoring points.
12. Choose an anchor point that is close to and behind you.
13. Ensure all connections are secure and the connections are closed and locked.
14. Practice using the attached SRL in these areas to ensure you are familiar with the tension and locking actions of the system.
15. Never allow the lanyard to cross the front of your body or wrap around your arm or leg.
16. Maintain your balance by avoiding quick or sudden movements in any direction that might cause line tension or locking.
17. Move back behind the guardrails and onto the catwalk, tension grid, or elevated work area prior to removing the lanyard and repositioning it to another anchor point farther away.
18. Move back behind the guardrails and onto the catwalk, tension grid, or elevated work area before removing the lanyard from the anchor point at the completion of a work activity.
19. Ensure personnel have been removed from the area beneath you.

*Talk to your supervisor if you have any questions about this information.*