

Working at Heights – Rooftop Fall Restraint

When working within 6 feet of the unprotected edge of a flat or low-pitched roof (maximum 4:12 slope), or around unguarded skylights, then **you must use fall restraint equipment**. This equipment includes a full-body harness and a lifeline with an adjustable rope grab. This equipment is available from Safety Supply vendors.

(Note: Roof edges or skylights protected with a guardrail (permanent or temporary) or a 42” or higher parapet do not require the use of fall restraint equipment.)

- Inspect all fall protection equipment prior to use.
- Select an anchorage point as close as possible to where you are working. This anchorage point should be rated at least four times your weight.* (**Prior to working on a roof with no anchorage points, contact an engineer or other person with knowledge of the anchorage capacity.*)
- Connect the lifeline to the anchorage point with a double-locking snap hook or self-locking carabiner.
- Attach the manual rope grab to the lifeline. Make sure that the arrow on the rope grab is pointing up toward the anchorage point.
- Position the rope grab on the lifeline so that its maximum extended length will prevent the employee from stepping off the roof edge.
- Attach the double-locking snap hook or self-locking carabiner from the rope grab to the “D” ring located on the back of your harness.
- You must be attached to the system prior to beginning work.