

# Fall Protection

## FOR ROOFERS

DATE 07/14/2025

Setting up and using a **rope grab** with a **full-body harness** on a **residential roof** requires proper planning, equipment selection, and knowledge of fall protection principles to ensure safety and OSHA compliance. Here's a step-by-step guide to doing it correctly.

### 1. Gather the Right Equipment.

You will need:

- **Full-body harness** (ANSI/OSHA certified)
- **Vertical lifeline** (usually 5/8" or 1/2" rope rated for fall arrest)
- **Rope grab device** (manual or automatic)
- **Anchor point** (roof anchor rated for 5,000 lbs. or OSHA-compliant engineered anchor)
- **Lanyard or shock absorber** (may be built into the rope grab system)
- **Roof anchor strap or permanent anchor** (installed per manufacturer's instructions)

### 2. Install the Roof Anchor.

- Choose a **peak or structural framing** member (like a rafter) for anchor installation.
- Follow the **manufacturer's instructions** for screw or strap-in anchors.
- Make sure the anchor:
  - Is installed on the **uphill** side of the roof (near the ridge line).
  - Has minimal slack between anchor and rope grab.
  - Is **not installed on fascia, sheathing, or trim** — only structural framing.

### 3. Set Up the Lifeline.

- Attach the **vertical lifeline** to the **anchor** using a **locking carabiner**.
- Drop the lifeline down the **slope of the roof** toward your work area.
- Ensure the rope:
  - Hangs freely.
  - Is **not tangled or twisted**.
  - **Reaches the ground or safe descent area**, if needed.

### 4. Attach and Adjust the Rope Grab.

- Install the **rope grab** onto the **lifeline** in the **correct orientation** (check markings — it must face the anchor point).





- Some rope grabs are manual (you move them) or automatic (they slide and lock automatically during a fall).
- Connect the **rope grab to your harness** using a:
  - a. **Shock-absorbing lanyard** if not integrated.
  - b. **D-ring on the back of the harness (dorsal D-ring).**

## 5. Put On and Adjust Your Harness.

- Step into the harness and fasten:
  - **Leg straps** snugly.
  - **Chest strap** mid-chest level.
  - **Shoulder straps** evenly.
- Ensure:
  - The **dorsal D-ring** is between your shoulder blades.
  - No loose straps or twists.

## 6. Connect Yourself and Test the System.

- Attach the rope grab to the harness via the **lanyard and locking carabiner**.
- **Test the rope grab** by tugging downward — it should **lock in place**.
- Move **slowly up and down** the roof to ensure it **slides freely** when not under load.

## 7. Work Safety.

- **Keep slack to a minimum** to reduce fall distance.
- Always work **above the rope grab** (it should be above your harness level, not below).
- Regularly check:
  - Rope for wear or damage.
  - That the rope grab is oriented correctly.
  - That your anchor remains secure.

## Tips For Best Practice:

- Inspect **all gear** before each use.
- Remove any **sharp edges or debris** from the work area.
- Never bypass the system by unhooking or stepping around.
- Use **roof jacks or guardrails** for added protection if possible.
- Keep training and documentation for all users on-site.



### ***SIGH-IN AND ACKNOWLEDGEMENT***

| <b>Name</b> | <b>Signature</b> | <b>Date</b> |
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