

5. Physical Capabilities.

- a. Prior to each climb, climbers must conduct a self-assessment as to their fitness to climb.
- b. Climbers may refuse to climb for any physical, psychological or medical reasons.

6. First Aid/Cardiopulmonary Resuscitation (CPR).

- a. Employees that perform climbing activities must have current First Aid/CPR certification as required by 29 CFR 1910.151 and 29 CFR 1910.268.
- b. First Aid/CPR refresher training must meet the requirements of the provider (American Red Cross, American Heart Association, etc.) or a minimum of every two (2) years.
- c. All fall protection trainers (FAA or Contractor) must be First Aid/CPR trained.

7. Environmental Conditions.

a. Evaluate weather conditions the day of the climb. If inclement weather is expected, consideration should be given to postponing climbing until the weather has improved to a point that the climber feels secure to climb.

b. Do not climb during lightning, icy conditions, high winds, extreme temperatures or any other atmospheric conditions that may be dangerous to life or health.

c. Climbers must assess wind conditions and postpone climbing activities if the following conditions exist:

- (1) The climbers would be exposed to winds that may blow them from elevated locations, or
- (2) The climbers could lose control of equipment or materials.

8. Fall Protection Systems and Equipment.

a. Personal fall protection equipment will be provided for each affected FAA employee at no cost to the employee. Employees are not permitted to use personally procured fall protection equipment.

b. All personal fall arrest equipment must meet the current American National Standards Institute (ANSI) standard Z359.

c. All Ladder Safety Systems (LSS) must meet the current requirements of ANSI standard A14.3. Tubular notched rails are prohibited, must not be used, and must be replaced with an approved LSS as soon as practicable.