

## FALL PROTECTION – LIGHTING

### WHAT THIS SHEET APPLIES TO

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Technicians working with lights in the Strider Theater House Box Boom positions.

### RISKS INCLUDE

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Falls, bruises, muscle and ligament injuries, broken bones, and falling objects.

### GUIDELINES, RULES, & PROCEDURES

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- When using fall protection anywhere in Strider Theater, it is required that another person be in the theater to assist in case of an accident.
- Remove any unnecessary items from pockets or which could otherwise fall off before climbing up a ladder or working near the edge of the balcony.
- For working at the House Box Booms #1 & #2, the following guidelines apply:
  1. Two people are required; one in a fall protection harness to climb the ladder and another to assist in moving the ladder and to secure the base during operations. The person securing the ladder **must wear a hard hat at all times.**
  2. Position the top of the ladder securely against the wall (please pull the window curtain out of the way).
  3. Using a rope, pull the retractable fall-arrest strap down from the catwalk, to the main floor. This is easiest done with an assistant.
  4. Wearing the approved full body harness and lanyard, connect to the retractable fall-arrest device before climbing.
  5. When work is complete, disconnect from the retractable fall-arrest strap and return it to the catwalk in a slow, controlled manner.
- For working at the Balcony Box Booms #3, the following guidelines apply:
  1. It is recommended that a second person be on hand to assist when lighting units are hung and un-hung. **A hard hat is required for this assistant.**
  2. Wearing the approved full body harness and approved lanyard, secure the lanyard to the existing cross-arm strap before working with any lights.  
Note: It may be necessary to use a small step ladder to safely reach the cross-arm strap.
  3. When work is complete, disconnect the lanyard from the cross-arm strap.
- See the *Safety Information Sheets* “Fall Protection” and “Ladders”.

### FOR FURTHER UNDERSTANDING

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Go to [www.colby.edu/theater](http://www.colby.edu/theater) for textual and Internet resources.