

**STANDARD OPERATING PROCEDURES
CONTROLLED DESCENT**

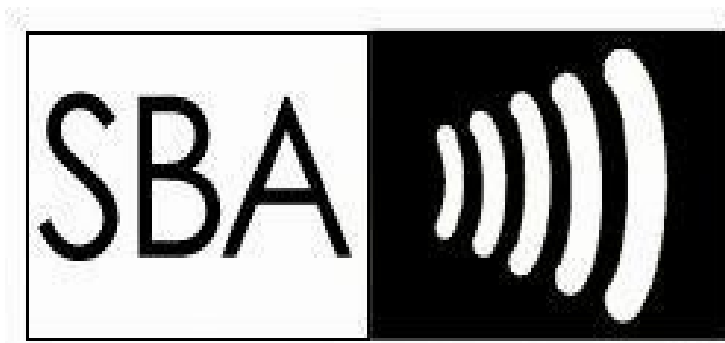




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SBA TELECOMMUNICATIONS, INC. Controlled Descent Procedure

1. SCOPE AND APPLICATION

This procedure is intended to inform all personnel techniques to be used during controlled descent so they can perform their work safely. This procedure is applicable to all employees and is a recommended guidance to subcontractors of SBA Telecommunications, Inc. (Collectively, "SBA") who performs controlled descent tasks. All equipment used for controlled descent work shall comply with ANSI Z359.1 and Subpart M (Fall Protection Standard). **The act of rappelling by employees and subcontractors to a lower elevation is strictly prohibited.**

2. EQUIPMENT

- Full body harness
- Rope grab
- Positioning ring spreader bar
- Carabiner
- Fisk Descending Device
- ½ inch kernmantle rope
- 5/8 inch vertical lifeline rope
- Anchorage straps, slings

3. CONTROLLED DESCENT PLANS

- 3.1. Before performing controlled descent work the market representative or subcontractor shall submit a controlled descent plan (Attachment 1) to the Health and Safety Department for review and approval. The Regional Health and Safety will return the plan to the market with an approval signature or email.

4. CONTROLLED DESCENT PROCEDURE

- 4.1. Before conducting controlled descent work the crew shall complete a Pre-Work Assessment Survey. The hazards and control measures of controlled descent work shall be identified and listed on the survey.
- 4.2. Rope lines used in controlled descent applications shall be used for personnel only and shall not be used for hoisting activities.
- 4.3. Before climbing the structure the employee should have a fall protection harness on and equipped with a spreader bar attached to the positioning or suspension D-rings.
- 4.4. Use normal safety procedures when climbing to the position on the structure at which you can safely attach descending lines and vertical lifelines.
- 4.5. Use 100% tie off with fall arrest lanyards or cable grab to maneuver into a position on the structure above the lower workstation.
- 4.6. Connect 5/8-inch vertical lifeline to a 5000 lb anchorage point at a position that is 1 to 2 feet from where the kernmantle rope (descending) will be attached.
- 4.7. Attach 3' fall arrest lanyard to back D-ring and the rope grab to the 5/8-inch vertical lifeline.
- 4.8. Descending line can then be connected to a 5000 lb anchorage point above the workstation to be descended to.
- 4.9. Attach the fisk descender to the kernmantle rope by:
 - 4.9.1. Bringing the kernmantle rope through the small opening at the top of the descending device.



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- 4.9.2. Pull the rope completely around the device until the loop is again behind the descender.
- 4.9.3. Pull the rope through the large opening at the bottom of the device.
- 4.9.4. Pull and loop the rope over the small connection loop at the bottom of the descending device.
- 4.9.5. Loop trailing end of rope around the bottom hook, back up and around the top of the device and then pull the rope through the loop and hook the new loop over the top to secure the descending device until you are ready to descend.
- 4.10. Connect the bottom ring on the descending device to a 2" or larger carabineer.
- 4.11. Connect the center ring in the positioning spreader bar to the 2" inch carabineer. (In order to keep the descending device at chest level the 2" inch carabineer on the descender may have to be connected directly to the Spreader bar).
- 4.12. Check to be sure that descending device is still in secure position and then lower yourself down into a sitting position to place your full weight on the rope. The kernmantle rope will initially stretch slightly as weight is applied.
- 4.13. When ready to begin controlled descent, grasp the descending device with your left hand and release the trailing end of the rope from the secure position.
- 4.14. Begin feeding the rope up to descending device as needed to begin the descent process.

(Note: Fisk descender rigging instructions were based on a right-handed operator, for left handed use the device should be turned over so that the securing pin on the bottom of the descender is on the left bottom of the descender and the trailing end of the rope on the left after rigging.)

