INSTRUCTION MANUAL

FRONTLINE®

FALL PROTECTION

USER MANUAL

SAFETY GUARDRAIL BOOT BASE

GPB200

Rev. Feb. 2026

Frontline Fall Protection Inc.

INSTRUCTION MANUAL

Applicable standards and regulations depend on the type of work being done, and also might include state-specific regulations. Refer to local, state, and federal (OSHA) requirements for additional information concerning the governing body of occupational safety regarding ladders, ladder systems and/or Personal Fall Arrest Systems (PFAS).

All users must refer to local, state or federals safety and health regulations before using this equipment. If there's a contradiction between any local, state, federal requirement and/or standard with this manual or within this manual, whichever is the most stringent will apply.

You are required to read and fully understand the user instruction manual BEFORE using this product. Improper use and installation can result in serious injury or death. User manuals occasionally may be updated so for the latest user manual please visit **www.frontlinefall.com/uim.**

TABLE OF CONTENTS

Definitions 4
General Statement and Warnings 6
Training Requirements 6
Product Description 7
Application 8
Installation 9
Maintenance and Inspection 13
Inspection checklist and Log 14
Labels 15

DEFINITIONS: For better use and understanding, the following is some terminology and definitions as referenced by OSHA that may help better understand this user manual. Please refer to OSHA 1910 or 1926 for full details.

Anchorage
A secure point of attachment for lifelines, lanyards, or deceleration devices.
Attachment Point
A loop or "D" ring connected (integrally) to the body support that provides a means for attachment of other components of the fall protection system.
Body Harness
Means straps, which may be secured about the worker in a manner that will distribute the fall arrest forces over at least the thighs, pelvis, waist, chest and shoulders with means for attaching it to other components of a personal fall arrest system.
Carabiner
A link with a gate that is normally closed or that automatically closes, and is used to connect components of a personal fall protection system.
Competent Person
Is defined as "one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them" [29 CFR 1926.32(f)]. By way of training and/or experience, a competent person is knowledgeable of applicable standards, is capable of identifying workplace hazards relating to the specific operation and has the authority to correct them.
Connector
A device which is used to couple (connect) parts of the personal fall arrest system and positioning device systems. It may be an independent component of the system, such as a carabiner, or it may be an integral component of part of the system (such as a buckle or D-ring sewn into a body belt or body harness, or a snap-hook spliced or sewn to a lanyard or self-retracting lanyard).
D Ring
A form of attachment point on body belts and fully body harnesses meant for attachment of other components of a fall protection and positioning system.
Deceleration Device
Means any mechanism that serves to dissipate energy during a fall.
Deceleration Distance
The vertical distance a falling employee travels from the point at which the deceleration device begins to operate, excluding lifeline elongation and free fall distance, until stopping. It is measured as the distance between the location of an employee's body harness attachment point at the moment of activation (at the onset of fall arrest forces) of the deceleration device during a fall, and the location of that attachment point after the employee comes to a full stop.
Fall Arrest System
A fall arrest system means a system used to arrest an employee in a fall from
a working level. It consists of an anchor point, connectors, a body belt or body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these.
Fall Prevention System
Those systems and techniques that eliminate the possibility of a fall.
Fall Protection System
Any of the following when used to protect a worker from a fall or minimize the risk from falling: Guardrails, Safety belt or a full body harness with a lanyard and/or lifeline and an anchor, and their related equipment, Safety net, Control zone, Safety monitor with a control zone, and other acceptable procedures.
Fall Restraint System
A work positioning system to prevent a worker from falling from a work position, or a travel restriction system such as guardrails or a personal fall protection system to prevent a worker from traveling to an edge from which the worker could fall.
Free Fall
The act of falling before the personal fall arrest system begins to apply force to arrest the fall.
Free Fall Distance
Vertical displacement of the fall arrest attachment point on the employee's body belt or body harness between onset of the fall and just before the system begins to apply force to arrest the fall. This distance excludes deceleration distance, lifeline and lanyard elongation, but includes any

deceleration device slide distance or self-retracting lifeline/lanyard extension before the devices operate and fall arrest forces occur.

Full Body Harness

A body support device consisting of connected straps designed to distribute a fall arresting force over at least the thigh, shoulders and pelvis, with provision for attaching a lanyard, lifeline or other components.

Lanyard

A flexible line of webbing, synthetic rope or wire rope that is used to secure a safety belt or full body harness to a lifeline or anchor.

Horizontal Lifeline System

A system composed of a synthetic or wire rope installed horizontally between two anchors, to which a worker attaches a personal fall protection system.

Leading Edge

The edge of a floor, roof, or formwork for a floor or other walking or working surface (such as the deck) which changes location as additional floor, roof, decking, or formwork sections are placed, formed, or constructed. A leading edge is considered to be an "unprotected side and edge" during periods when it is not actively and continuously under construction.

Lifeline

A synthetic or wire rope, rigged from one or more anchors, to which a worker's lanyard or other part of a personal fall protection system ¡s attached.

Low-Slope Roof

A roof having a slope less than or equal to 4 in 12 (vertical to horizontal).

Lower Levels

Those areas or surfaces to which a worker can fall. Such areas or surfaces include, but are not limited to, ground levels, floors, platforms, ramps, runways, excavations, pits, tanks, material, water, equipment, structures, or portions thereof.

Passive Fall Prevention

Refers to a system that is non-dynamic, stationary, and does not move, adapt, or change when in or out of use. Passive systems don't require the use of personal protective equipment or active participation from the worker. Typically, passive systems include netting, handrails, and guardrails.

Personal Fall Arrest System (PFAS)

A system used to arrest an employee in a fall from a working level. It consists of an anchorage, connectors, a body belt or body harness and may include a lanyard, deceleration device, lifeline or suitable combinations of these. As of January 1, 1998, the use of a body belt for fall arrest is prohibited.

Positioning System (work-positioning system)

A system of equipment and connectors that, when used with a body harness or body belt, allows an employee to be supported on an elevated vertical surface, such as a wall or window sill, and work with both hands free. Positioning systems also are called "positioning system devices" and "work-positioning equipment".

Qualified

A person who, by possession of a recognized degree, certificate, or professional standing, or who by extensive knowledge, training, and experience has successfully demonstrated the ability to solve or resolve problems relating to the subject matter, the work, or the project.

Rope Grab

A deceleration device which travels on a lifeline and automatically, by friction, engages the lifeline and locks so as to arrest the fall of an employee. A rope grab usually employs the principle of inertial locking, cam/level locking or both (also referred to as a fall arrester).

Self-Retracting Lifeline/Lanyard

A deceleration device containing a drum-wound line, which can be slowly extracted from, or retracted onto, the drum under slight tension during normal worker movement, and which, after onset of a fall, automatically locks the drum and arrests the fall.

Shock Absorber

A device intended to limit the deceleration forces exerted on a worker during fall arrest.

Snap Hooks

A connector consists of a hook-shaped member with a normally closed keeper, or similar arrangement, which may be opened to permit the hook to receive an object and, when released, automatically closes to retain the object.

Unprotected Sides and Edges

Any side or edge (except at entrances to points of access) of a walking or working surface (for

example, floor, roof, ramp, or runway) where there is no wall or guardrail system at least 39 inches high.

Walking/Working Surface

Any surface (whether horizontal or vertical) on which a worker walks or works, including but not limited to floors, roofs, ramps, bridges, runways, formwork and concrete reinforcing steel; but not including ladders, vehicles, or trailers, on which workers must be located in order to perform their job duties.

Warning Line System

A barrier erected on a roof to warn workers that they are approaching an unprotected roof side or edge, and which designates an area in which roofing work may take place without the use of guardrail, body harness, or safety net systems to protect workers in the area.

Working load

Refers to aggregate simultaneous load of personnel, equipment, and/or material to be supported by the equipment or system.

GENERAL STATEMENT AND WARNINGS

This guardrail system is meant to be installed ONLY by competent and trained personnel in fall protection. This system serves as part of a complete passive fall prevention system. This system has been designed to comply with OSHA 1926 and OSHA 1910.

User/Installer MUST read, understand and follow all safety information contained in these instructions prior to the use or installation of this system. Misuse of this system other than its original intended use or not described in this User

Instruction Manual is not approved by Frontline Fall Protection and could result in serious injury or death.

These instructions must be provided to the installer/user of this equipment.

Retain these instructions for future reference or you can find a copy of them at www.frontlinefall.com. For more information regarding any portion of this user instructions manual please contact us at info@frontlinefall.com. The following are requirements for the safe use of this system:

- Do not install this equipment until proper training, fall protection and rescue programs are in place.
- Do not install this equipment near electrical lines. A minimum of 10' distance from electrical lines or other electrical hazards is required.
- Do not install this equipment on slippery surfaces, gravel or slopes.
- Do not install this equipment less than 18" from a fall hazard or leading edge.
- Do not use this equipment for other uses other than its original and designed intended use.
- Do not lean or climb at any point of the guardrail system.
- Do not use this product if it does not pass safety inspection or that the safety and integrity of it is questionable.
- Installers should consult a doctor prior installing this equipment, as physical labor and heavy lifting is required for the proper installation of this system.
- Pregnant women or minors must not be exposed to a workplace hazard and must not install this equipment.
- All installers/users must refer to local, state or federal safety and health regulations before using this equipment. Whichever is most stringent shall supersede and apply.
- Never alter or intentionally misuse this equipment, always inspect before each use to ensure its compliance and safe use.
- Always examine the work area and the surroundings to identify hazards that may impact safety before commencing work.
- Use fall protection when and where necessary and ensure training is performed before being exposed to fall hazards.

TRAINING REQUIREMENTS

Before using Frontline Fall Protection product, user and employers must ensure that the person using this equipment has been trained on the proper use, care and maintenance of this product by a competent person qualified in Fall Protection. It is the responsibility of the user of this product to ensure that proper training has been done in addition to reading and fully understanding these user instructions manual.

Additionally, the employer must establish a training program to employees that are exposed to a fall hazard and trained by a competent person qualified in those areas. The program shall enable each employee to recognize the hazards of falling and shall train each employee in the procedures to be followed in order to minimize these hazards.

Retraining is necessary when the employer has reason to believe that any affected employee who has already been trained does not have the understanding and skill to carry out those duties. Circumstances where retraining is required include, but are not limited to, situations where:

- Changes in the workplace render previous training obsolete.
- Changes in the types of fall protection systems or equipment to be used render previous training obsolete.
- Inadequacies in an affected employee's knowledge or use of fall protection systems or equipment indicate that the employee has not retained the requisite understanding or skill.
- Changes in the OSHA regulations or ANSI Standards.

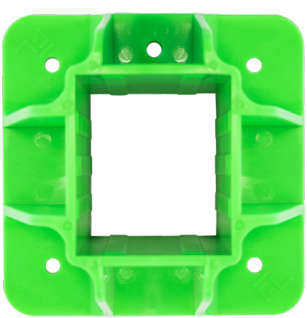
Training must be done in the language that the employee understands and shall, be documented and kept as outlined under OSHA recordkeeping regulations. No user or employee shall perform work without the proper training and understanding on how to properly and safely use this product.

GENERAL DISCLAIMER

Frontline has tested their product to comply with OSHA and/or ANSI under a controlled environment and with certain substrates. Frontline cannot and does not guarantee the same performance for different substrates other than the ones mentioned in these user manuals. Frontline anchors will meet or exceed OSHA and/or ANSI requirements, but it's ultimately up the end user/installer/owner of the product to ensure that their specific substrate will resist and withstand the required loads as stated by OSHA and/or ANSI or other governing safety entities. Please contact info@frontlinefall.com if you have any questions regarding this subject matter.

PRODUCT DESCRIPTION

The safety guardrail boots with the proper wood framing install serve as a temporary guardrail system. Our Safety Guardrail Boot Base is made out of high strength material composed of ABS plastic to last the duration of the job and it's reusable helping with cost savings so take it from one jobsite to the next jobsite. It's easily installed and comes with hardware included limiting down time and install time.



SYSTEM SPECIFICATIONS:	
MATERIAL:	ABS Plastic
DIMENSIONS:	7.5" x 7.5" x 5 1/4"
WEIGHT:	1.5 lbs
HARDWARE:	Washers included
USE:	Temporary

APPLICATION

This system has been designed to serve as a passive fall prevention system. This system should be set-up anywhere where there is a leading edge or fall hazard that is over 4' for general industries and 6' for the construction industry. Refer to state and local safety regulations in case there's a more stringent requirement, as the most stringent will apply. Once the system has effectively been installed, set in place and fall hazard eliminated, the use of active fall arrest systems may not be required. Check with your employer for more details on fall protection compliance if the area is questionable.

RELEVANT STANDARDS

1926.502(b)(1) - Top edge height of top rails, or equivalent guardrail system members, shall be 42 inches (1.1 m) plus or minus 3 inches (8 cm) above the walking/working level. When conditions warrant, the height of the top edge may exceed the 45-inch height, provided the guardrail system meets all other criteria of this paragraph.

Note: When employees are using stilts, the top edge height of the top rail, or equivalent member, shall be increased an amount equal to the height of the stilts.
1926.502(b)(2) - Midrails, screens, mesh, intermediate vertical members, or equivalent intermediate structural members shall be installed between the top edge of the guardrail system and the walking/working surface when there is no wall or parapet wall at least 21 inches (53 cm) high.

1926.502(b)(2)(i) - Midrails, when used, shall be installed at a height midway between the top edge of the guardrail system and the walking/working level.
1926.502(b)(3) - Guardrail systems shall be capable of withstanding, without failure, a force of at least 200 pounds (890 N) applied within 2 inches (5.1 cm) of the top edge, in any outward or downward direction, at any point along the top edge.

1926.502(b)(4) - When the 200 pound (890 N) test load specified in paragraph (b)(3) of this section is applied in a downward direction, the top edge of the guardrail shall not deflect to a height less than 39 inches (1.0 m) above the walking/working level. Guardrail system components selected and constructed in accordance with the appendix B to subpart M of this part will be deemed to meet this requirement.

1926.502(b)(5) - Midrails, screens, mesh, intermediate vertical members, solid panels, and equivalent structural members shall be capable of withstanding, without failure, a force of at least 150 pounds (666 N) applied in any downward or outward direction at any point along the midrail or other member.

1926.502(b)(10) - When guardrail systems are used at hoisting areas, a chain, gate or removable guardrail section shall be placed across the access opening between guardrail sections when hoisting operations are not taking place.

Additional note and disclaimer: Other regulations may apply as described under OSHA 1926.502, OSHA 1926.502 Appendix B, OSHA 1910.29 and other relevant standards under OSHA or State or local specific safety programs. It is the employer's responsibility to ensure that their guardrail systems are erected and built to comply with OSHA or other regulatory agencies' minimum standards.

INSTALLATION

Employers must ensure installers are properly trained in fall protection, have a complete fall protection and rescue program in place prior to installation. Installers should also be experienced and competent in building guardrails in order to properly build and assemble our Safety Guardrail Boot Bases. Remember not to install on gravel or metal deck surfaces. A layout plan should be done of the fall hazard exposed area which is being covered prior to installation so that the proper lineal foot amount of Safety Guardrail Boot Bases are accounted for. Once the Safety Guardrail Boot Bases are onsite and ready to be installed, the following steps must be followed:

Concrete Substrate - Ensure that the work and installation area is clear of debris, hazardous materials and that concrete substrate is fully cured in order to set-up the systems safely.

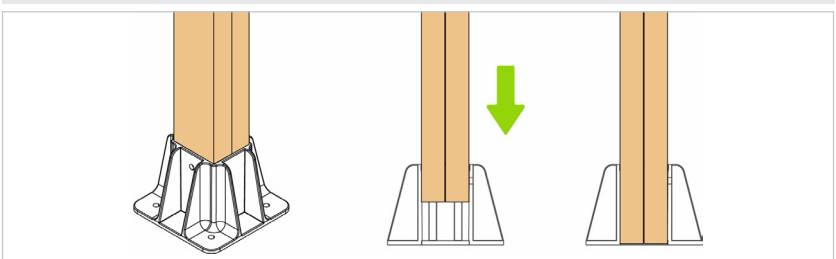
Wood Substrate – Wood substrate needs to be part of the building structure and be able to withstand a minimum force of 200 lbs per boot section. Ensure that the work and installation area is clear of debris, hazardous materials and that all wood being used is free from debris, decay, cracking or any other any other defect. Wood being used as part of the guardrail systems should be of good quality and construction grade. Do not use wet lumber when installing the guardrail system.

1. Once the proper materials and work area has been selected, assemble your guardrail post with your first boot:

a. Cut (2) 2" x 4" to 42" in height to make your vertical support and post.

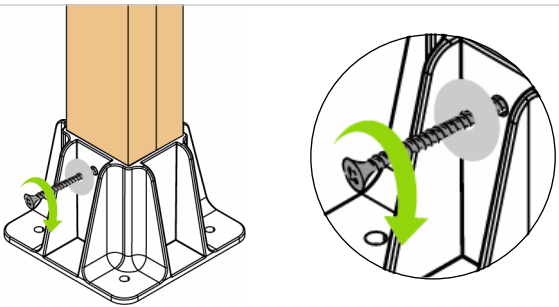
b. Place boot flat on the ground and insert both (2) 2" x 4". Ensure you tap until the posts are flat on the ground and flush inside the boot (Figure 1)

FIGURE 1



c. Fasten (1) 3/8" x 3" lag screw with included steel washers through boot opening. This will secure and give your guardrail post stability with the boot. (Figure 2)

FIGURE 2



Concrete Substrate: Install your first post along the walking/working surface of the unprotected edge:

1. Insert (5) 3/8" concrete wedge anchors (Figure 3) or 3/8" tapcon concrete screws with washers through the openings of the boot (Figure 4)

2. Ensure that boot is flat on the concrete surface without any obstructions.

3. Drill the four holes so the 1/2" concrete wedge anchors or tapcons can fit snug and be properly installed.

a. For proper concrete wedge installation refer to wedge anchor manufacturer's instructions.

b. Install a minimum of 6" from the edge of the concrete slab or surface to avoid cracked edges.

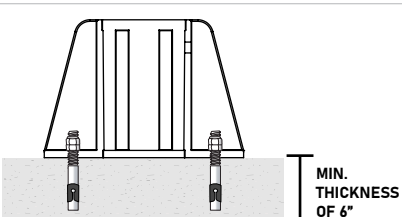
c. Wedge anchors or tapcons must be embedded onto the concrete a minimum 3" in depth.

d. Clean the hole for any debris after drilling.

e. Insert the 5 concrete wedge anchors/tapcon screws through the boot openings.

f. For wedge anchors - Assemble the washer and nut onto the bolt.

FIGURE 3



CONCRETE SLAB (MIN 3,000 PSI)

FIGURE 4

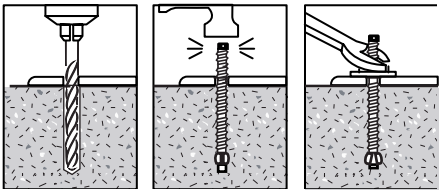
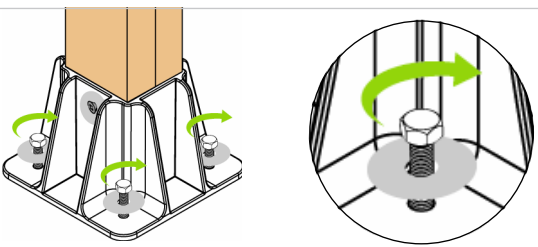


FIGURE 5



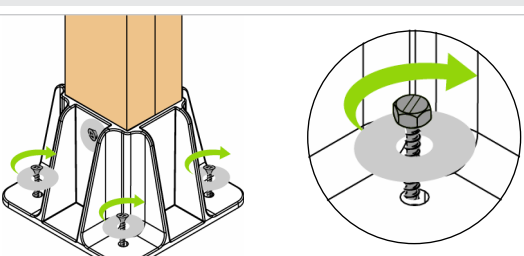
g. Ensure that the wedge anchors or tapcons screws are fully inserted and substrate can withstand the minimum required load of 200 lbs for each section.

WARNING: Concrete cannot be hollow, must be fully cured and able to withstand the rated loads or your local regulatory safety standards.

Wood Substrate: Install your first post along the walking/working surface of the unprotected edge:

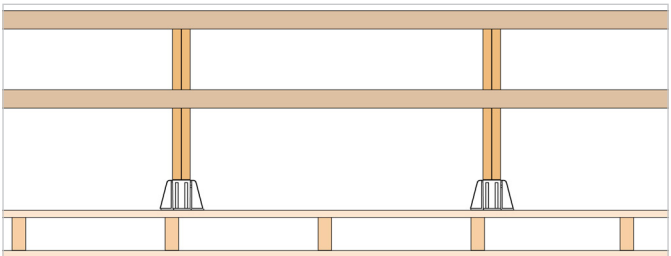
a. Insert (5) 3/8" x 3" hex head lag screws through the openings of the boot (Figure 6)

FIGURE 6



b. All five screws should be fully inserted into floor sheathing of a minimum thickness of 1-1/8". A minimum of three of the five screws should penetrate structural floor joist/members as shown on figure 7.

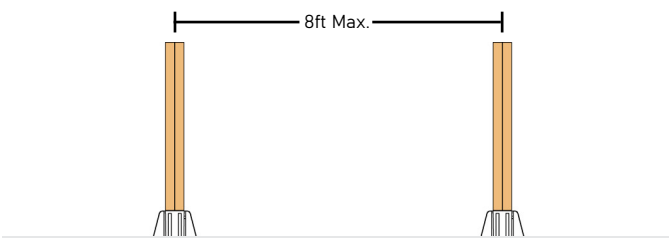
FIGURE 7



c. Ensure that the screws and substrate can withstand the minimum required load of 200 lbs for each section

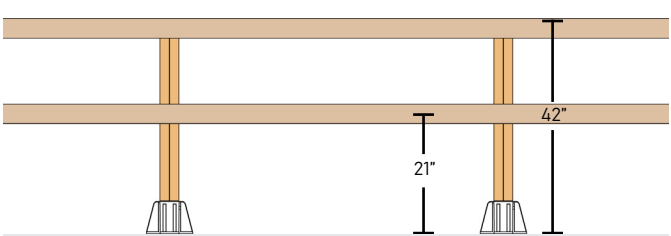
2. Once you have your first post properly installed, repeat these steps and continue installation of the following post no more than 8' apart to covered the desired location (Figure 8)

FIGURE 8



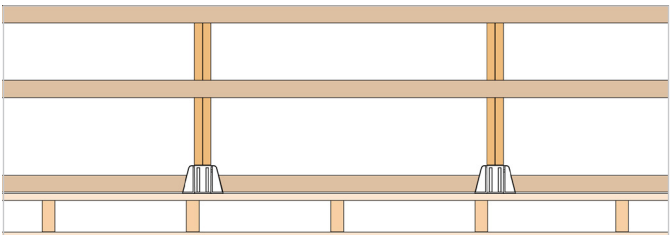
Top/Mid Rail and Toe Boards:
3. Install your top rail 42" (+/- 3") and mid rail halfway between the top rail and the floor between your two post sections with construction grade lumber with a minimum of a 2" x 4" section. (Figure 9)

FIGURE 9



4. Insert toe boards through boot slots to protect others on lower floors and objects or debris from falling. (Figure 10)

FIGURE 10



5. Continue following ALL these steps until your area is fully covered and protection.

6. Have a qualified person inspect and approve that the area and ensure that the guardrailed area meets OSHA 1910 and 1926 guardrail compliance or your local regulatory safety standards and the instructions within this manual.

MAINTENANCE AND INSPECTION

Guardrails and Safety Guardrail Boot Base's should be inspected every time before use and when required. Maintenance on the system should be performed on a common basis for any defects or wear and tear that may compromise the system. Any maintenance or repairs that compromises the safety of the guardrail system should be decommissioned and a new system should be set-up and installed. Guardrail system should be rigid, stable and should be able to withstand the required forces as described by and/or your local regulatory safety standards. Below are some of the items that should be inspected on the product and system guardrail overall, but do refer to local and state requirements as there may be more stringent requirements:

INSPECTION CHECKLIST AND LOG				
MODEL NUMBER:		**DATE OF FIRST USE:**		
INSPECTION:	Prior to installation and prior to each use / Inspection by a competent person is required every 6 months.		**PASS**	**FAIL**
SAFETY GUARDRAIL BOOT BASE:	Inspect the for damage: Look for cracks, dents, or deformities on boot			
	Inspect that concrete/wood anchors are installed properly			
	Inspect that bolts and washers are in all four perforations			
	Inspect for UV damage and excessive wear			
	Inspect hex screw is installed properly on post			
	Inspect for other deformities			
GUARDRAIL SYSTEM:	Inspect that all lumber/wood used are all of quality and construction grade and minimum 2" x 4" wood members			
	Inspect wood is free from debris, decay, cracking or any other any other defect			
	Guardrail systems are capable of withstanding, without failure, a force of at least 200 pounds			
	The top edge height of top rails, or equivalent guardrail system members, are 42 inches (107 cm), plus or minus 3 inches			
	Midrails are installed at a height midway between the top edge of the guardrail system and the walking-working surface			
	Guardrails posts are no more than 8' apart			
	Toe board is 3.5" height and able of withstanding 50 lbs of force			
	Guardrail system meets all other requirements are outlined by OSHA 1910 and 1926			

Any items that don't pass safety inspection then those items or system should be immediately repaired or removed from service and reported to a competent person so all that safety precautions are met to safely replace/rebuild the system.

Disclaimer: Frontline takes no responsibility on how to set-up a complete, maintenance or inspect a guardrail system. Frontline's responsibility lies on the product so please do refer to all local, state and federal requirements on how to properly set-up a guardrail system.

INSPECTION LOG			
COMPETENT PERSON:	**DATE OF INSPECTION**	**PASS**	**FAIL**

LABELS


FRONTLINE
FALL PROTECTION
PART N° GPB200GRN
Batch N° 101
DOM MM-YYYY 08-2024
FRONTLINE FALL PROTECTION INC.
info@frontlinefall.com www.frontlinefall.com
Made in Colombia


FRONTLINE
FALL PROTECTION
6 97478 24788 6
FRONTLINE FALL PROTECTION INC.
info@frontlinefall.com www.frontlinefall.com

Frontline Fall Protection Inc.

www.frontlinefall.com
info@frontlinefall.com