

Fall Protection


CRITICAL PRACTICE


Falls from heights, even relatively low elevations, can result in serious injuries.

The proper use of fall protection equipment — in addition to planning, supervision, and training — can reduce or eliminate the risk of falling.

OH&S rules dictate that you use fall protection systems when you could fall from a height of 3 m (10 ft.) or more, or where a fall from a lesser height could result in serious injury.



Pause for Safety

Hazards

- Impact with ground surface
- Impact or entanglement with climbing equipment
- Collision with equipment or materials on ground
- Injury from improper use of fall protection equipment

PPE



Additional PPE



Controls

- Fall Protection Plan
- Hazard Assessment
- Manufacturers specifications
- Guardrails
- Fall restraint
- Fall arrest
- PPE
- ERP (Emergency Response Plan)
- Critical work permit (Safety Meeting)



Strategies and Procedures

NO worker shall use any fall protection devices until they have received adequate training.

Prior to utilizing fall protection the following options must be addressed:

- The use of guardrails — this prevents the worker from the falling danger.
- The use of a travel restraint system — this prevents the worker from getting to the location where a fall could take place.

Should these options not be available, Fall Protection is utilized in the following situations:

Responsibilities

Worker

Your role is to:

- Be fully conversant with Fall protection systems.
- Ensure you know capabilities of Fall Protection Equipment.
 - This equipment must be inspected prior to use.
 - Remove defective equipment from use.
- Ensure barricades, ribbons and signs identify restricted areas.
- Ensure you understand the procedures for rescue of workers who may be unable to rescue themselves from an elevated work area.
 - Rescue plan must be identified in ERP.
- Ensure you know your anchor points.
- Ensure you do not wrap the lanyards and/or rope around beams, girders, pipes, etc.

- At a temporary or permanent work area if a worker may fall:
 - a vertical distance of 3 metres or more*
 - A vertical distance of less than 3 metres if there is an unusual possibility of injury, or
 - Into or onto a hazardous substance or object, or through an opening in a work surface.

Other jurisdictions or company specific rules may apply. Whichever rules provide the most protection to our workers will apply.

You know that:

- Fall protection must not be alone.
 - Utilize a buddy system and continually check each other's harness and D ring to ensure that the harness is not too loose and or the D ring has not slipped down the back.
- Lanyards must not be used as fall protection, only fall restraint.



Supervisor

- To facilitate and/or provide proper instruction to their workers on protection requirements and training. Also ensure a fall protection rescue plan is completed.
- Hazard analysis
- Work site inspection
- Determine type of equipment required



- rope adjustment devices for work positioning

Corporate

- To provide proper training to their workers regarding fall protection.
- Providing proper CSA, OSHA or European Standard fall protection equipment including but not limited to:
 - full body harnesses
 - body belts
 - lanyards
 - shock absorbers
 - connectors
 - carabineers
 - snap hooks
 - fall arrestors
 - self-retracting devices
 - descent control devices
 - life safety ropes
 - adjustable lanyards for work positioning

