



FALL PROTECTION REQUIREMENTS

Potential Hazards

1. fall from elevated heights
- 2.
- 3.
- 4.
- 5.

Personal Protective Equipment Required

- | | | |
|-----------------|--------------------|-----------------|
| Hard hat | CSA Boots | Eye protection |
| Hand protection | Hearing protection | Skin protection |
| Fall protection | | (clothing) |

PRELIMINARY ACTIVITIES

Where multiple trade activity is scheduled, the general contractor is to review in advance the priority of work and schedule the appropriate time frame to allow each trade to complete their scope of work. Prior to any work commencing supervisors must conduct a hazard assessment of all applicable work areas. Any hazards that are found during the hazard assessment must be addressed prior to any work commencing.

DO'S:

1. Always read instructions and warnings on any fall protection equipment.
2. Visually inspect all fall protection equipment carefully prior to each use. Have a qualified person thoroughly inspect all components at regular intervals.
3. Train all workers carefully in the basics of fall protection and proper use of the equipment.
4. Develop a rescue plan establishing what to do if a fall occurs.
5. Choose equipment carefully. Full-body harnesses and shock absorbers should be used whenever possible.
6. Select anchorage points that will support 5000 pounds per attached worker.
7. Observe proper tie-off procedures and calculate tie-off distances accurately. Remember that shock absorbers may elongate up to 31/2 feet.
8. Attach fall-arrest connecting device to back D-ring only. Side D-rings should be used for positioning only.
9. Make sure all equipment is compatible.
10. If a fall occurs, discard all components of the fall arrest system.
11. Adjust the harness to fit snugly. A harness that does not fit snugly can cause serious injury and limit the tolerable suspension time following fall arrest.
12. Wear the chest strap. If the chest strap is not done up you may fall out of the harness in a headfirst fall.
13. Inspect the harness prior to use. A harness that does not pass the pre-use inspection should not be used.
14. Use the keepers to prevent the webbing from sliding through the buckles and to tuck back excess webbing.
15. Attach the lanyard directly overhead to minimize swing fall hazard.
16. Use the shortest possible lanyard for the job.
17. Inspect the lanyard prior to use.

DON'Ts:

1. Do not use damaged or worn equipment.
2. Do not mix and match equipment from different manufacturers.
3. Do not Leave straps dangling or leave the harness partially done up. If the unattached straps are forgotten about, they may be caught in machinery or the harness may fall off during fall arrest.
4. Do not use a harness that has been previously used to arrest a fall. It must be discarded following fall arrest.
5. Do not use a lanyard if has been used to arrest a fall.
6. Do not attach two lanyards together to make them longer, as it could cause rollout, and the freefall is unacceptable.
7. Do not tie knots in lanyards; it reduces the strength by 50%.
8. Do not girth hitch lanyards, it can cut the lanyard.
9. Do not customize or modify fall protection equipment.



SAFE WORK PROCEDURE

PREPARATION

Employees working at elevations greater than 10 feet. (3m), where there is a risk of injury from falls, must use fall protection measures. Fall protection measures include, but are not limited to

- installing wall, floors, railings and standard guardrail systems
- using personal fall restraint or fall arrest equipment

Fall restraint equipment prevents a worker from falling to a lower level by restricting the worker's movement. Fall arrest equipment limit's a worker's fall to a maximum of 4 feet. (1.2m), using a full body harness.

1. Prior to the start of any project, a review of the fall protection needs for the specific project shall be undertaken. A site specific fall protection plan shall be developed and implemented and ongoing training and review of the program shall take place as the project proceeds.
2. The review shall include the identification of fall hazards, decisions on types and methods of fall protection to be used, procedures for assembly, maintenance, inspection and disassembly of equipment as well as the training requirements necessary for the fall protection program.
3. Training in the fall protection plan shall include job orientation, instruction on fall restraint and fall arrest as well as fitting of personal protective equipment.
4. Ensure that there are adequate attachment points available at each location where fall protection systems are used.
5. This procedure should be used in conjunction with the following related procedures;
 - Floor openings
 - Guardrails
 - Ladders
 - Overhead hazards
 - Scaffolding

HANDLING AND USE/CONSTRUCTION PROCEDURE

When working in fall hazard areas, jobsite specific fall protection procedures must be used. Contact your Supervisor for information and appropriate equipment for your work area.

1. Always wear appropriate personal protective equipment when passing through an active overhead work area.
2. Always use measures to control or restrict access when working below or around others working overhead.
3. Ensure that fall protection equipment is not used by workers until they have been adequately instructed in the safe use and handling of the equipment and have demonstrated that they understand the instruction.

FALL RESTRAINT

Fall restraint is rigged to allow the movement of workers only as far as the sides and edge of the working area. As part of the rigging, anchorage points conforming to the eight times intended load (800 lb) criteria must be provided for each fall restraint device in use.

1. The plan involving the use of fall restraint systems shall include
 - Holding a pre job meeting to address and discuss the fall protection requirements including any training or review.
 - Working within the confines of a standard guard-rail system.
 - Wearing approved fall restraint equipment which is attached to securely rigged restraint lines. This would include checking restraint line length to ensure limits of approach.
 - Confirming that all fall restraint devices are compatible.



- Inspecting all restraint components before each use to ensure no excessive wear, no damage or other deterioration. Always remove defective components from use and mark them as such to prevent others from using them.
- Tying of restraint lines. These are to be tied independently of other lines and to an approved anchorage point only.
- Fall Arrest
- Workers exposed to a free fall distance of 10 feet (3 metres) or more (without restraint) are required to wear fall arresting equipment including a full body harness.
- The plan involving the use of fall arrest systems shall include;
- Holding a pre-job meeting to address and discuss the fall protection requirements including any training or review.
- Inspecting all components before each use to ensure no excessive wear, no damage or other deterioration. Always remove defective components from use and mark them as such to prevent others from using them.
- Securing of full body harness system to approved anchorage points. Anchorage points must be capable of supporting 5400 lbs (244kg).
- Ensuring that safety lines are rigged in such a manner as to limit the free fall distance to 4 feet (1.2m). Ensuring that safety lines are protected from cuts, wear and abrasion.
- Ensuring that only one worker may be attached to any one vertical safety line. Ensuring that the attachment involves the use of locking snap hooks to "D" rings only.
- Ensuring the removal from service, until checked and re-certified for use, any body harness components which have been involved in a fall.

CONTROL ZONES

Another method of fall protection is the institution of a control zone in the work area. Control zones are used for leading edge or fixed edge work.

1. The plan involving a control zone system shall include
 - A minimum distance from the edge of 6 feet (1.8 metres) shall be maintained to protect workers not wearing fall restraint or fall arrest equipment.
 - All workers working between the 6 feet distance and the edge must use fall restraint or fall arrest equipment attached to approved attachment points.
 - Warning lines or barriers must be installed to separate the control zone from the edge of the building. These lines are generally made of wire, rope, or chain adequately supported on stanchions. Warning lines must be raised off the work surface to maintain a height of 40 – 45 in. (102 – 114cm) above surface.
 - All warning lines must be clearly marked with high-visibility materials at least every 6 feet (1.8m) along their length.
 - Warning lines must be capable of resisting, without tipping over, a force of at least 16 lb. (7.2kg) applied horizontally.
 - Swing factors must not exceed 22 degrees.
 - Control zones shall be inspected at the beginning of each work shift to ensure the integrity of the control zone and that no damage or disruption of the warning line system has taken place.

CLEANUP AND STORAGE

All fall protection equipment should be stored in a dry area to prevent deterioration of the equipment.

1. Always inspect fall protection equipment thoroughly prior to placing in storage. Remove any damaged equipment from service and have it repaired and re certified prior to future use.