

FALL PROTECTION

Where workers are exposed to fall hazards, their exposure to the hazard must be controlled by the preventative use of an approved guardrail as per legislated requirements. Where the use of a guardrail is not practical, or when guardrails are being installed, or during temporary removal of guardrails, workers' exposure to fall hazards must be controlled by the use of one of the following methods:

- ❖ travel restraint
- ❖ fall arrest
- ❖ fall restriction
- ❖ safety nets

Consult applicable Provincial Regulations when assessing fall hazards and determining appropriate control methods.

Fall hazards include, but are not necessarily restricted to:

- ❖ Falling more than (3 METERS) 10 FT.
- ❖ Falling more than 6ft if the work area is used as a path for a wheelbarrow or similar equipment.
- ❖ Falling into operating machinery.
- ❖ Falling into water or another liquid.
- ❖ Falling into or onto a hazardous substance or object.
- ❖ Falling through an opening on a work surface.
- ❖ Access to the open edge of a work surface, including a floor (including the floor of a mezzanine or balcony), the surface of a bridge, a roof while formwork is in place, a scaffold (or other work platform, runway, or ramp) where the worker is exposed to a fall of 10 ft or more.

Workers who may use a fall protection system must be given adequate oral and written instruction in its use as per legislated requirements. Records of training must be kept available for inspection, (may vary according to Provincial Regulations). All fall protection equipment must be CSA approved and inspected by a competent worker before being used. Some Provincial Regulations (Ontario) require that all components of fall protection systems be designed by a professional engineer. All components of fall protection systems must be arranged in such a way that protects them from cutting, chafing, extreme temperatures, flame, abrasive or corrosive materials or other hazards that may damage them. If a component of a fall protection system is found to be defective, it must be taken out of service immediately.

Travel Restraint

Travel restraint is a preventative system that stops a worker from accessing the fall hazard. The direct connection of an adequately anchored lanyard or lifeline to the rear D-ring of a worker's harness must be arranged so as to stop the worker from accessing the fall hazard. Remember that when deployed, shock absorbing lanyards can extend the travel distance of the worker - possibly too far! Travel restraint is a "leash" or "tethering" arrangement that allows the worker to get to an unprotected edge but no further. It is not designed to arrest a worker's fall. Travel restraint systems are usually composed of: a full body harness, lanyard, lifeline, rope grab, adequate anchorage (at least 2 kilonewtons or 450 lbs.), and an anchorage connecting device. Although some jurisdictions allow safety belts for use in travel restraint systems, it is Best Personnel 's policy that only full body harnesses be used as the body wear portion of all fall protection systems.

It is also recommended that the minimum anchorage requirement of 2 kilonewtons (450lbs.) be multiplied by a safety factor of x2, which equals 4 kilonewtons or 900 lbs. Anchorages used for travel restraint purposes are not necessarily adequate for fall arrest purposes - do not assume that they are! Anchorages should be arranged so that they are square or perpendicular to the worker so that travel distance remains constant. A competent person must check travel restraint systems before each use.