

TRAVEL RESTRAINT

1. Task

Use of a Travel Restraint System to prevent a worker from accessing a fall hazard.

2. Hazards

Fall hazard, trip hazard, material/equipment hazard (struck by, cut by), heat/cold stress.

3. Controls

Pre-Job Safety Assessment (PSA). CSA/ANSI approved fall protection equipment and other PPE fall protection plan and legislated worker training, long pants and full T-shirt, sunscreen, cold weather gear.

- ❖ All fall protection equipment must be CSA/ANSI approved and all workers must be trained in accordance with Regulatory and Best Personnel safety policy requirements.
- ❖ The direct connection of an adequately anchored lifeline to the D-ring of a worker's full body harness must be arranged to stop the worker from accessing the fall hazard.
- ❖ Ensure the lifeline maintains its required length and tautness and change pivot points. Do not let out more lifeline.
- ❖ Assess anchorage for stability, strength (at least 2 kilonewtons or 450 lbs. x safety factor of 2 or 900 lbs.), location, suitability of material.
- ❖ When using a rope grab ensure arrow indicator is pointing towards anchor point.
- ❖ When using a rope grab a positive stop must be used, (such as a knot in the lifeline), to prevent the worker from accessing the fall hazard at the extremity of the travel restraint area.
- ❖ Keep anchor point perpendicular or 90 degrees to worker. Diagonal lines add distance, possibly extending travel distance too far, allowing access to fall hazard.
- ❖ Protect lanyards and lifelines from cutting, chaffing, and abrading. They must also be protected from extreme temperatures, flames, corrosive material, and other hazards that may damage them.
- ❖ A competent worker shall inspect the travel restraint system before each use.
- ❖ CSA/ANSI approved PPE must be used as prescribed, i.e. hard hat, safety boots, protective eyewear, gloves, long pants and full T-shirt, sunscreen cold weather gear.
- ❖ Care must be taken when handling fall protection equipment such as ropes and lanyards equipped with safety hooks not to swing them and strike yourself or other workers.
- ❖ Anchor point requirements for travel restraint are far less than for fall arrest. Do not use travel restraint systems for fall arrest unless the anchorage and all other components have been designed and inspected for that purpose.
- ❖ Arrange and caution off lines to prevent trip hazards.
- ❖ If working close to an open edge, keep tools and material away from the edge so they do not get knocked off.
- ❖ Keep waste material and clutter organized to reduce the amount of trip hazards in the work area.