

Fall Protection Guide

Identify Fall Hazards – Use Proper Fall Protection Equipment – Know the Rescue Plan

→ **There is a potential to fall if you work at height!**

PREVENTION

Guardrails and Handrails:

- At least 1 meter (42 inches) in height with a mid rail.
- Screens or mesh should be installed in the openings if there is a risk of material falling.
- Flags are used on wire rope to remind you of a fall hazard but this is not to be considered as a guardrail.

FALL ARREST

Ten Essential Principals for Users of **Fall-Arrest Systems (FAS)** [from CSA "Fall-Arrest Systems – Practical Essentials"]

1. Inspect your equipment before every use.
2. Don and adjust your harness properly.
3. Use your shock absorber or your shock-absorbing lanyard whenever possible.
4. Connect all components of your FAS using only compatible connecting hardware.
5. Attach your FAS only on suitable anchorage.
6. Keep your fall distance to a minimum.
7. Consider the conditions of your workplace when choosing your equipment.
8. Care for your equipment as you would care for yourself.
9. Know the rescue procedure and equipment in case you should fall.
10. Be properly trained to use any fall protection equipment.

Full Body Harness Checklist

- ✓ Check for frayed webbing
- ✓ Check for broken fibres or cuts
- ✓ Check for cracks, distortion, damage, excessive wear or sharp edges on metal parts (D-rings, buckle, grommet, ...)
- ✓ Check that D-Rings pivot easily.
- ✓ Check that snap hooks are not corroded or damaged.
- ✓ Replace shock-absorbing lanyard if any part of warning label is exposed.

GroupEHS can set up your Management Program,

- Management System – Fall Prevention and Protection Program (Development and Implementation)
- Hazard and Risk Assessment of Areas and Tasks at Risk
- Problem Solving – Leading teams to find solutions
- Training

This Operational Guide was created by **GroupEHS** on 2007-12-20 for those participants having completed the “**Fall Protection**” training course. The information contained herein is not intended to represent an exhaustive state of knowledge on the subject matter.