

Fall Protection Guidelines

PURPOSE:

To ensure that **Island Cactus Construction Ltd.** and its employees and subcontractors comply with OH&S/Provincial fall protection regulations and use the proper personal protective equipment at all times.

GENERAL REQUIREMENTS:

When working from a height greater than 3 m, and no guard rails are in place, a **Fall Protection Plan** needs to be developed. This is to ensure workers understand their responsibilities and how to perform the work safely. Training must be provided as needed.

Exceptions will be made on sites where 100% fall protection is required over 2 m. In this case the 100% fall protection at 2 m will prevail and fall protection will be required when working at a height greater than 2 m and no guard rails are in place.

- 1) Where it is possible for the worker to fall a vertical distance greater than 3 meters, workers Must be protected from falling by:
 - a) Providing guard rails,
 - b) Fall-arrest or fall protection,
 - c) Acceptable alternate means of protection.
- 2) All safety belts, harnesses, ropes and hardware used in fall protection must meet or exceed the CSA approval requirements.
- 3) Lifelines and lanyards must be protected: a) by padding where it passes over sharp edges, b) from heat, flames, abrasion, or corrosive substances.
- 4) The lifeline or lanyard must be attached to an anchor point capable of withstanding the Maximum shock load (5000 lbs) which may be applied.
- 5) The lifeline or lanyard must prevent the worker from serious injury should he fall by Preventing the worker from striking the ground or surrounding obstructions.
- 6) An emergency evacuation plan, complete with training individuals must be in place.
- 7) A “safety watch”, a trained worker designated to monitor work activities in a control zone to Ensure work is done in a manner which minimizes the risk of falling, is in place and able to Contact the rescue team in the event they are required.
- 8) Workers shall be familiar with the safety equipment, its usage, care and guidelines.

PROCEDURES:

- 1) These guidelines are minimum requirements only. Local plant regulations or conditions may require additional protection.
- 2) The minimum fall protection at all times will be a full body harness complete with a 1.5 meter lifeline fitted with a shock absorbing device and double locking snaps.
- 3) It is the responsibility of the user to examine his own P.P.E., prior to use, to ensure it is in good Repair. Worker should ensure proper fit and usage.

- 4) A rescue team complete with rescue equipment is in place

Fall Protection Guidelines (con't)

Man Baskets

When using man baskets, there are two generally accepted methods of securing man baskets and their occupants.

- a) Centre Pale Basket -- A safety line is attached from the man baskets and each worker to a point above the hook assembly.
- b) Enclosed Basket -- A safety line is attached from the man basket to a point above the hook assembly and lifelines from the workers are attached to the main basket.

Fall protection to be used in conjunction with all man baskets.

Scaffolding:

When building or dismantling scaffolds, the workers must wear and use a safety harness and lifeline anytime they are outside the confines of a suitable work platform.

Structural Steel:

- a) Workers involved in the initial erection of structural steel must wear a safety harness and lifeline.
- b) Workers must attach their lifelines anytime they are stationary e.g. bolting or torquing connections.

Mobile Work Platforms:

When using mobile work platforms workers must be tied off to the work platform.

Confined Space:

- a) Workers entering a confined space must wear a safety harness with shoulder connections which will permit the use of a rescue harness in the event of an emergency. (Note: See *Confined Space -- Code of Practice* for complete confined space entry procedure.)
- c) A lifeline of sufficient length to permit the retrieval of workers within the confined space must be attached to the safety harness.

See *confined space safe work practices*