

# CONTROL ZONES

## Definition of a control zone:

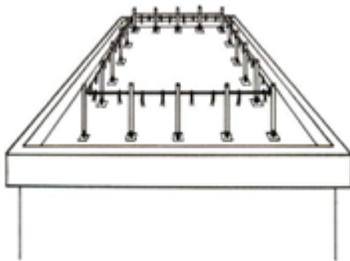
When working on a “flat roof”, (surface has a slope of less than 3/12), control zones can be used as an effective means of fall protection. A “3 on 12 pitch” or “3/12 pitch”, means that the roof rises 3 inches, for every 12 inches of it’s horizontal run. A control zone allows for work to be performed inside this established zone without additional fall protection methods needing to be used since workers are protected from an exposed edge while in the zone.

## How are control zones installed?

As shown in the image, control zones are identified by using a raised warning line, or other equally effective means, placed at least 2 meters (6.5 feet) away from the edge. Examples may include ropes, wires or chains and supporting stanchions.

Additional requirements for warning lines:

- Should be flagged or marked with highly visible materials at least every 2 meters.
- Should be supported to ensure height of line from surface is kept between 34 and 45 inches.
- Should be attached to a stanchion that will support the line and not result in slack.
- Should have a minimum tensile strength of 500 lbs of force.



\*Note: This gives the worker both a physical and visual indication that an edge is present and there is a hazard beyond this warning line.

## When may additional set-back distance be required?

- Surface is slippery
- Work is performed at elevations relative to un-guarded edge
- Use of equipment near the control zone increases risk of injury

## When can a control zone not be used?

Control zones cannot be used if there is not enough surface area to allow for a 2-meter set back from all exposed edges. In other words, if the work surface is less than 4 meters wide, there would not be enough space to allow for the zone to be established and workers to perform their jobs. In this case, other means of fall protection would have to be used in accordance with the Newfoundland and Labrador Occupational Health & Safety Regulations (Part X Fall Protection, section 141 – General Requirements).

## Remember!

When leaving/entering the control zone workers are required to use fall restraint or fall arrest. Any worker exposed to a fall hazard must be protected! If fall protection equipment is being used, workers are required to have completed Workplace NL approved Fall Protection training. See the NLCSA's website ([www.nlcsa.com](http://www.nlcsa.com)) for course offerings and to avail of other relevant fall prevention resources.

Sources:

Digital Government & Service NL Occupational Health & Safety Explanation Guide <https://www.gov.nl.ca/dgsnl/ohs/guide/>

Guide to OHS Legislation, Newfoundland and Labrador