

>> Hierarchy of Fall Protection

Working at heights can present many hazards, especially falling. It is important for workers to be effectively protected while working at heights. There are many options of protection workers can utilize; however, they are not all practical in every situation. The following will discuss the different types of fall protection that can be used, starting with the most effective system to the least effective.

1. Hazard Elimination:

Changing the work process so the hazard no longer exists. Example: building a roof on the ground and hoisting it into place.



The hazard of falling is completely removed.

2. Guardrails, Protective Coverings and Warning Barriers

Prevents a fall from unprotected edges of openings at height. Using this type of protection puts a barrier between the worker and the fall hazard.



Example: using guardrail systems, skylight guards, etc. on a flat roof.

3. Travel Restraint System

Allows workers to reach the edge of a fall hazard but not fall over it. Workers are isolated from the hazard. Example: leading edge work on unprotected end of formwork, floors, roofs, decks, or other walking/working surfaces.



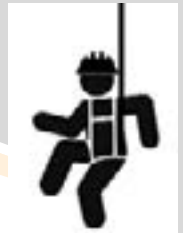
4. Fall Restrict System

Designed to limit a fall distance to 0.6m (2 feet). Less force will be exerted on the body when the fall is arrested. Example: ladder climb system, rope grabs, pole straps, positioning belts, etc.).



5. Fall Arrest System

Designed to stop the fall of a worker before they hit ground or objects below. Consists of a harness, lanyard, and energy absorber connected to a designated anchor point. The system reduces the impact on the body and decreases risk of injury.



6. Safety Nets

Designed to catch a falling worker before they hit the ground or objects below. Example: Often used on bridges, silos, towers, etc.

