



>> Working at Height

Fall Hazards

Working at height is a high risk activity and very common in the construction industry. Working at height places workers at risk for falling and sustaining serious injuries and can result in a fatality. Some common fall hazards involve working on roofs, ladders and work platforms such as scaffolds, swing stages and aerial work platforms, as well as completing form work and working near floor and roof openings.


Fall Protection

Fall protection is required whenever a worker is exposed to the hazard of falling from a work area that is:

- a) 3 metres or more above the nearest safe surface or water;
- b) above a surface or thing that could cause injury to the worker if the worker were to fall on the surface or thing; or
- c) above an open tank, pit or vat containing hazardous material.

Hierarchy of Fall Protection

Workers who may be exposed to a fall hazard must be protected by the highest-ranked method of fall protection that is practicable. The higher the method is ranked, the less chance there is for a worker to be injured. (Not all are appropriate in every circumstance.)

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1. **Hazard Elimination.** Change the work process so the hazard no longer exists.
 2. **Passive Fall Protection** systems such as guardrails prevent a fall from unprotected edges or openings.
 3. **Travel Restrict Systems** allow a worker to reach the edge of a fall hazard but not fall over it.
 4. **Fall Restraint Systems** limit a fall distance to 0.6 m (2 ft).
 5. **Fall Arrest Systems** stop the fall of a worker before they hit the ground or objects below .
 6. **Safety Nets** catch a falling worker before they hit the ground or objects below.
 7. **Administrative Controls** are practices or procedures that increase a worker's awareness of a fall hazard.

Fall Protection Plans

Where an employer uses a fall arrest system or a personnel safety net as a means of fall protection, the employer must develop a written, site specific, fall protection plan. The plan would include the specific fall hazards identified and fall protection required, how to assemble, maintain, inspect, use and disassemble the system and the procedures for the rescue of a worker who has fallen and is suspended in their fall arrest system or personal safety net, but is unable to self rescue.

Training

Any worker who is required to use fall protection must have a current Fall Protection training certificate, from a training provider that has been approved by WorkplaceNL.

For more information, visit Part X of Newfoundland and Labrador Occupational Health and Safety Regulations, or drop us a line or give us a call. One of our advisors would be happy to help.

Email : info@nlcsa.com Telephone: 1-709-739-7000 or 1-888-681-SAFE (7233)