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| Revision #:  Written by: | Date: Month DD, YYYY  Approved by: |

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| **Related Documents:** |  |
| **When to use this SWP:** | Fall Arrest Protection shall be utilized where there is or may be a danger to workers falling. No person shall use fall protection devices until they have received training by a competent person. Fall Protection should be worn when working 3 meters or above the nearest safe surface or water and less than 3 meters and the work area is above a surface or object that could cause injury when contact would cause a more serious injury than landing on a flat surface and/or if exposed to hazardous material below. |
| **Hazards & Risks:** | * Falls from working at heights |
| **Personal Protective Equipment:** | * CSA/ANSI approved fall protection, protective foot wear, safety glasses, hardhat, and gloves. |
| **Training Requirements:** | * Fall Protection * Use of basic PPE |
| **Communication Process:** | Communicate the fall protection plan and have the resources available for rescue while fall protection is worn and work is being performed at heights. |
| **Equipment & Supplies:** | * First Aid Kit * Fire Extinguisher * Cell Phone or Two-way radio * Engineered anchor point or CSA/ANSI approved temporary anchor * Ladder for rescue * Mobile platform for rescue |
| * Ensure the fall arrest system meets CSA/ANSI standards - CSA Z259.1, CSA Z259.2.2, CSA Z259.10, CSA Z259.11, CSA Z259.12, CSA Z259.13, CSA Z259.16 – depending on the system used. * Read the owner’s manual for the fall arrest system. * Follow the maintenance schedule found in the owner’s manual or on the tag stitched into the system. * Know fall protection system to be used. * Double check clearance calculations and document the clearance on the fall protection plan. * Obtain training in fall arrest and/or fall protection systems through a reputable training provider. * Inspect fall arrest or fall protection systems before use. * Document the inspection on the fall arrest checklist. * Do not use the fall arrest system if deficiencies are found on the fall arrest checklist. * Replace damaged parts of the fall arrest system using CSA/ANSI standard parts and parts from the manufacturer of the system. * Ensure the fall arrest system fits correctly. * Service fall arrest or fall protection system annually at a reputable facility. * Ensure you know capabilities of Fall Protection Equipment. * Ensure barricades, ribbons and signs identify restricted areas. * Keep other workers out of the drop zone or below the immediate work area of workers working at height. * Clean fall arrest systems with a mild soap and water solution. * Hang up fall protection system when not in use. * Keep fall arrest system free of grease, chemicals or hazardous material. * Do not store the system outside or in direct sunlight. * Ensure you understand the procedures for rescue of workers who may be unable to rescue themselves from an elevated work area. * Ensure rescue equipment is readily available in the area where workers are working at heights. * Know your anchor points and that they are engineered or CSA/ANSI approved temporary anchor. * Test the engineered or CSA/ANSI temporary anchor points before use. * Ensure to tie into an engineered anchor point * Ensure you do not wrap the lanyards and/or rope around beams, girders, pipes, etc. without proper edge protection. * Utilize buddy system and continually check each other’s harness and D ring to ensure that the harness is not too loose and/or the D ring has not slipped down the back. * Do not use a fall arrest system that has been involved in a fall until it has been inspected and serviced by a competent and reputable service facility. | |
| **Emergency Procedures:** | In case of emergency, contact 911 and your supervisor immediately. Remove yourself from harm’s way and ensure no one else is at risk.  Have a fall protection plan. |

Reference:

Part 21 – Fall Protection – NS OHS Workplace Regulations