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| Revision #:Written by: | Date: Month DD, YYYYApproved 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
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| **Personal Protective Equipment:** | * CSA/ANSI approved fall protection, protective foot wear, safety glasses, hardhat, and gloves.
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| **Training Requirements:** | * Fall Protection
* Use of basic PPE
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| **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
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| * 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.
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| **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