TOOLBOX SAFETY TALK

EXPLAIN THE DANGER

If you are at risk for falling three metres (10 feet) or more at your workplace, you should wear appropriate fall protection equipment.

There are different forms of fall protection. It is important that workers use the equipment that is right for the job they are doing.

Fall protection equipment must be inspected before each use. Poorly fitted, poorly maintained, damaged, or missing equipment will not protect a worker when they need it the most.

FALL RESTRAINT AND FALL ARREST

Fall restraint systems prevent the worker from falling. They include: harnesses and lanyards for the worker, or physical barriers such as guardrails.

Fall arrest systems protect the worker after they have fallen, by preventing them from hitting the surface. They can include: safety nets, harnesses, and lifelines.

ABCs OF FALL ARREST PROTECTION

Use Fall Arrest Protection only when other types of fall protection cannot be used. Fall arrest:

- Tethers a worker to an anchor point.
- Protects workers climbing vertical distances.
- Protects workers on horizontal surfaces high above the ground.

Fall Arrest systems consists of several components:

- o **Anchorage –** A point of connection that is capable of supporting at least 22.5 kN (kilonewtons) per user that is attached to it.
- o **Body Wear –** A full body harness. This is the only body wear that can be used.
- o **Lanyard –**Size of lanyard is dependent on work conditions, and is equipped with suitable snap hooks. May have shock absorbing features.
- o **Connecting Linkage –** Connection between the harness and the anchor. If the connecting linkage allows more than 1.2 metres of free fall, a shock absorber must be included. Connectors include lanyards, snap hooks, and D rings.
- o **Deceleration Device** – A component included with shock absorbing lanyards that acts as an energy absorption device limiting the force applied to the user during a fall. The shock absorption only works if the device is properly installed and the correct harness is worn by the user.

CONTROLS

Workers and employers can ensure the efficiency of fall protection equipment by:

- Wearing the right equipment for the height of the job.
- Ensuring workers are trained in safe work procedures for working at heights.
- Conducting regular inspections of equipment prior to each use.
- If a fall occurs, not using the equipment again until it has been approved for future use by the manufacturer or a qualified individual.
- Ensuring there is a fall protection rescue plan.

TRAINING AND INSPECTION

An employer must ensure that all workers are trained in the use of **Personal Fall Arrest and Restraint Systems**. All Personal Fall Arrest and Restraint Systems must be maintained and inspected in accordance with manufacturer's directions.

- Every piece of fall arrest equipment should be inspected and certified at least yearly or more by a trained and competent person. Keep written records of inspections and approvals.
- The wearer should know what to look for when they inspect their equipment before each use. Keep a written record of the inspection.

DEMONSTRATE

Discuss potential risks and injuries that would occur with a worker falling 100 ft wearing a fall restraint belt instead of a harness.

Adapted with permission from WorkSafeBC: A*n Introduction to Personal Fall Protection Equipment*.