**Sample General Safe Work Practice for Fall Protection**

**Potential Health and Safety Hazards**

* Energy hazards; gravity and kinetic.
* Work practice hazards; failure to following established safe work practices and procedures.

**Safe Work Practices**

* Workers must complete a certified fall protection training program.
* Refer to the District’s Fall Protection Program for additional information.
* Fall **prevention** configurations are the preferred form of fall protection.
* Fall **arrest** configurations should only be used when fall prevention systems are not practical or as a back-up to fall prevention.
* At least 2 workers must be present when a restraint or arrest system is used
* Keep your free fall distance to a minimum.
* Attach the lanyard directly overhead, where practicable.
* Ensure that a fall arrest system is attached to a suitable anchorage point.
* Take into consideration obstructions that are below the work area.
* Ensure that barricades, warning tape and signs identify restricted areas.
* Fall protection equipment must comply with CSA and ANSI standards.
* Do not use defective equipment or components.
* Do not use a harness or lanyard that has arrested a fallen worker.
* Do not attach two lanyards together to make them longer.