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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.

Please note: This document is for information purposes only as a guide. The safe job procedures (SJP) and safe work practices (SWP) created for your workplace should reflect your organizations processes, equipment and hazards as identified by a hazard analysis. Construction Safety Nova Scotia does not assume responsibility for the use of information in this document. If assistance is needed to complete a SWP and SJP for your organization please contact CSNS member services at constructionsafetyns.ca or 1.800.971.3888.



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