**Safe Job Procedure**

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| Name of Job:**Fall Arrest Systems** | Development Date:**March 11th, 2011** | Developed By:**CSNS** |

**Possible Hazards Present**

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| Slips ,trips, falls | Overhead hazards | Falls From Heights  | Risk of pain or injury from working in [awkward positions](http://www.ccohs.ca/oshanswers/diseases/rmirsi.html), performing [repetitive tasks](http://www.ccohs.ca/oshanswers/ergonomics/risk.html), or [lifting](http://www.ccohs.ca/oshanswers/ergonomics/mmh/). |
|  |  |  | Use of various machinery and tools. |

**Personal Protective Equipment (PPE) and Devices Recommended**

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|  Hearing Protection  | Eye Protection | Foot protection | Fall Arrest Equipment |
| Respirator Equipment | Skin Protection  | Hearing Protection  | Travel Restraint system. |

**What is a Safe Job Procedure to follow?**

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| * The supervisor is responsible for ensuring that all workers are trained & understand this procedure
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| * The supervisor shall ensure that all employees under their direction use a complete fall arrest system when a hazard of falling 3.0 meters or more exists
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| * All employees who require a fall arrest system shall be instructed in the inspection, donning and use of all
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| * components before the worker uses the system
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| * The employee is responsible for ensuring that a complete fall arrest system is used where there is a hazard of falling 3.0 meters or more & that this procedure is followed as directed by the supervisor
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| * Fall arrest equipment must be used by trained personnel only, & all equipment should be inspected by the
 |
| * the user before each use
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| * The fall arrest system consists of an approved full body harness and an approved lanyard
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| * All fall arrest system components shall be CSA approved and readily identified
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| * The length of the lanyard or the location of the anchor shall be so arranged that the worker can fall no farther than 1.2 meters. A retractable harness- mounted lanyard is the most acceptable method
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| * All fall arrest components shall be stored properly and kept in good condition
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| * Safety belts, harnesses, lanyards and lifelines shall not be knotted and shall not be allowed to become knotted or damaged
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| * Never wrap lanyards around sharp or rough anchor points
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| * Fall arrest equipment must not be altered in anyway
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| * Any equipment subjected to a fall must not be used again
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| * All synthetic materials must be protected from slag, hot sparks, open flames or other heat sources
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| * Maximum working load is 310 pounds, unless otherwise labelled
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| * The anchor or tie off point must be capable of supporting 5,000 pounds per worker
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