**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 |
| * 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 |
| * components before the worker uses the system |
| * 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 |
| * The fall arrest system consists of an approved full body harness and an approved lanyard |
| * All fall arrest system components shall be CSA approved and readily identified |
| * 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 |
| * 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 |
| * Fall arrest equipment must not be altered in anyway |
| * Any equipment subjected to a fall must not be used again |
| * All synthetic materials must be protected from slag, hot sparks, open flames or other heat sources |
| * Maximum working load is 310 pounds, unless otherwise labelled |
| * The anchor or tie off point must be capable of supporting 5,000 pounds per worker |