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## Safe Job Procedure

Name of Job: <b>Fall Arrest Systems</b>	Development Date: <b>March 11th, 2011</b>	Developed By: <b>CSNS</b>
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### Possible Hazards Present

Slips ,trips, falls

Overhead hazards

Falls From Heights

Risk of pain or injury from working in awkward positions, performing repetitive tasks, or lifting.

Use of various machinery and tools.

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

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?

- 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
- 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
- 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

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](http://constructionsafetyns.ca) or 1.800.971.3888.



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- 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
- 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
- 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

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