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Safe Job Procedure for Fall Protection (3 pages)

1. Identification of Fall Hazards

- Worker must determine if he/she will be exposed to the hazard of falling from a work area that is; 3 metres (10 ft) or more above the nearest safe surface or water;
- Above a surface or thing that could cause injury to the worker if he/she were to fall on the surface or thing; or
- Above an open tank, pit or vat containing hazardous materials.

2. Hazard Assessment

- If a worker is exposed to any of the above noted fall hazards, then adequate work platforms or staging must be provided where it is practical to do so, otherwise at least one of the following control measures must be implemented.
 - Guardrail is constructed or installed.
 - Worker is provided with a fall restraint or fall arrest system.
 - Personnel safety net or temporary flooring is installed.
 - Worker is provided with another means of fall protection.

3. Guardrail System (where used)

- Guardrails must be installed where an open-sided surface is over 1.22 metres (4 feet) above the floor or ground; a stairway ends in direct proximity to dangerous traffic or other hazards and on walkways over open tanks containing harmful substances or over open tanks.
- Ensure the guardrails are secured so they cannot be moved in any direction.
- If a portion of a guardrail has to be temporarily removed then the exposed workers must be protected by another fall protection system.

4. Fall Arrest System (where used)

- Worker must determine and assemble the necessary components.
- Worker must calculate the total fall distance and ensure that an adequate clearance distance is available.

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- Worker must ensure that the harness is adjusted to fit properly and is rated for his/her weight.
- A full body harness and appropriate lanyard must be secured to an anchorage point, lifeline or static line.
- Only one worker is permitted to be attached to a lifeline at any one time.
- A lifeline must be provided with softeners at all sharp edges or corners.
- A shock absorber should be used to reduce and control the maximum arrest force that occurs in a fall.
- A self-retracting device can only be used as a form of fall arrest. Worker must pre-test.

5. Personnel Safety Net (where used)

- A personnel safety net must be installed no more than 4.6 metres below the work area, extend 2.4 metres on all sides beyond the work area and be maintained so a fallen worker does not contact another surface.

6. Temporary Flooring

- Temporary flooring must be constructed or installed at each floor level where work is in progress, extend over the whole area except for openings necessary for carrying out work and be able to withstand 4 times the maximum load likely to be imposed on it

7. Other Means of Fall Protection

- Other means of fall protection can includes a harness, net, rope, body belt, structure or other equipment, device or means.
- A fall restraint system must be arranged so a worker cannot fall lower than the surface on which the worker was supported on.
- A control zone may be used on level and low-sloped work surfaces. The width of a control zone must be at least 2 metres (6.5 feet).
- If workers will be working within 2 metres (6.5 feet) of the control zone, then a raised warning line must be established.
- A trained safety monitor can also be used with a control zone to monitor work activities to ensure that the work is done in a safe manner.

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8. Debris Net

- A debris net or other means of protection must be installed or provided if a worker below an elevated work area is exposed to the hazard of falling objects or debris.

9. Inspection

- A fall arrest system must be inspected before each work shift. Any defects must be immediately reported.
- Defective components are not to be used.
- Follow the manufacturer's recommendations for inspections.

10. Maintenance and Storage

- Wipe off all surface dirt with a sponge and a solution of water and mild soap.
- Rinse the webbing in clean water, dry with a cloth and hang to dry.
- Store equipment in a clean, dry area that is free of fumes, excessive heat and direct sunlight.

11. Emergency Response

- The goal is to quickly and safely transport the worker to the ground.
- Where possible, the fallen worker can self-rescue.
- Call the local fire department, emergency response services and respective supervisor.
- Advise the suspended worker to lift his/her knees into a sitting position.
- Suspension relief straps or a rope with a loop should be used to take weight off the harness to relieve stress on the worker's body.
- Use suitable equipment that is available to safely rescue the worker.
- Do not allow the rescued worker to lie down in a horizontal position.
- First aid attendant should administer on-site first aid as required.
- The fallen worker should seek appropriate medical attention.