



FALL PROTECTION

POTENTIAL HAZARDS

Falls are among the leading causes of workplace injuries and fatalities, especially when working from heights. Workplaces implement Fall Protection Programs to mitigate this hazard.

FALL PROTECTION PROGRAM

These are controls established to protect workers exposed to a fall hazard or minimize the consequence of a fall. Every workplace with workers exposed to fall hazards must have a fall protection program with a detailed account of the procedures, equipment, and individual responsibility to ensure a safe workplace.

WHEN IS IT NEEDED?

Fall protection rules and regulations vary across different jurisdictions and job sites, some being stricter than others.

General Requirements

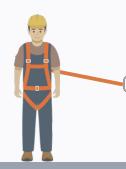
- Working from heights 3 meters or more
- Working from heights of less than 3 meters when the surface below could cause a more significant injury than just the fall
 - Machinery
 - Open tank or pits with hazardous material
 - risk of drowning
 - Materials that can shift
- Opening in the work surface- Risk of falling through

TYPES OF FALL PROTECTION CONTROLS

Engineered Controls



This type of system includes guardrails, safety nets and other fixed barriers that prevent a worker from reaching the edge of a fall hazard



Fall restraint/ work positioning system

This system prevents workers from reaching the edge of a fall hazard by using a lanyard that restricts movement to a safe working area.



Fall Arrest

This system lessens the impact of a fall in a controlled manner to minimize injuries.

CONCLUSION

Fall protection must always be a top priority, whether working at heights, on elevated surfaces, or near open edges. Let us remain committed to practicing fall protection protocols.

DISCUSSION QUESTIONS

1. Have you read, and understood, your company Fall Protection program documentation?
2. How can we collaborate as a team to ensure that everyone is using fall protection equipment and following safe work practices consistently?



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