

Fall protection: before you go up

Falls from height are among the most serious hazards on construction and industrial sites. Most are preventable when the system is chosen, inspected and used before work starts.

Key points

- In B.C. a fall protection system must be used when a fall of 3 m (10 ft) or more may occur, or when a shorter fall carries a greater risk of injury than landing on a flat surface.
- Where there are no permanent guardrails and a fall of 7.5 m (25 ft) or more may occur, a written fall protection plan must be available at the workplace before the work starts.
- Before you enter an area with a fall risk, you must be instructed in the fall protection system for that area. Ask if you have not been.
- Inspect your harness, lanyard and connectors before every use. Remove damaged equipment from service and report it.
- Tie off to an anchor that is rated for the load, and check that your lanyard length and the clearance below you work together.
- Know the rescue plan before you leave the ground: who calls, who reaches you, and how.

Ask the crew

- What is the highest point on today's job and how are we protected there?
- Where is the anchor and who confirmed it is suitable?
- If someone falls and is suspended, what is our rescue plan?

Where this comes from

OHS Regulation, s. 11.2 (when fall protection is required, and instruction in 11.2(6)) (Part 11 Fall Protection)

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-11-fall-protection>

OHS Regulation, s. 11.3 (fall protection plan) (Part 11 Fall Protection)

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-11-fall-protection>

Your site's own procedures and the equipment manufacturer's instructions always apply. This sheet is general information, not legal advice.

Sign-off sheet

Date: _____ Location: _____ Presented by: _____

Name (print)	Signature	Date