

## FALL PROTECTION CODE OF PRACTICE

This guide can help you comply with Section 50.2 of the *General Regulation 91-191*.

**NOTE:** Not for use when a safety monitor is part of the fall protection system on a work site.

COMPANY:

ADDRESS:

WORK SITE:

### 1. DEFINITIONS

**Anchor point** means the part of a permanent or temporary structure or of a component attached to such a structure to which fall protection components are connected or suspended equipment components are connected.

**Fall restricting system** means a combination of a work positioning system and fall-restricting equipment.

**Fall-arresting system** means a permanent or temporary assembly of fall-protection components designed to arrest the fall of one or more employees.

**Guardrail** means an assembly of components joined together to form a barrier that is designed to prevent an employee from falling off the edge of a surface, but excludes a permanent guardrail system (referred to as a Temporary Guardrail System in this document).

### 2. TIMELINE

This Fall Protection Code of Practice is in effect:

Start Date: \_\_\_\_\_ (MM/DD/YYYY)

End Date: \_\_\_\_\_ (MM/DD/YYYY)

### 3. PROGRAM/CODE OF PRACTICE ADMINISTRATOR

Full name and title:

Telephone #:

Cellphone #:

Email:

#### 4. TRAINING REQUIREMENTS

All employees working at heights must be trained on the use, maintenance and inspection of the fall protection system components and the fall protection rescue plan for the workplace.

Record of Training			
Employee Name	Training Date	Trainer Name	Training Agency

#### 5. POTENTIAL HAZARDS

Max. height (peak):  Max height (eaves):  Max. height (other):

Roof slope(s), if applicable: \_\_\_\_\_

Proximity to high-voltage power line: \_\_\_\_\_

Ground cover/ hazards: \_\_\_\_\_

Other possible hazardous situations	Possible effects on health and safety of employees

#### 6. TYPE OF FALL PROTECTION TO BE USED (from definitions)

Fall Restraint  Fall Arrest  Temporary Guardrail System

## 7. USING FALL PROTECTION EQUIPMENT

Employees must use the fall protection equipment provided by their employer, as instructed by their employer, when they work from:

(a) *an unguarded work area that is*

(i) *3 m or more above water or the nearest permanent safe level*

(ii) *Above any surface or object that could cause injury to the employee upon contact, or*

(iii) *Above any open top tank, bin, hopper or vat,*

(b) *A work area that is 3 m or more above a permanent safe level and from which a person may fall if the work area tips or falls, or*

(c) *A work area where an officer has determined that it is necessary for safety reasons to use a fall-protection system.*

## 8. EQUIPMENT INSPECTION

Item	Inspection Process	Comment/Defect	Initials	Date
<b>Full Body Harness</b>	Make sure that straps, buckles and other hardware are intact and undamaged.			
<b>Anchors</b>	Make sure anchors are installed and used according to the manufacturer's specifications. Anchors may require an engineer's certification.			
<b>Vertical Lifelines</b>	Inspect fibre rope lifelines for fraying, burns, kinking, cuts and signs of wear and tear.			
<b>Rope Grabs</b>	Check functionality. Ensure there are no damaged parts or sharp edges that could cut the lifeline.			
<b>Lanyards</b>	Should be securely fastened to the D-ring.  Inspect the lanyard for fraying, kinking and loose or damaged hardware.  Inspect shock-absorbing lanyards regularly. Look for torn			

	stitching on tear-away types. Check other types for damage such as cracks and loose parts.			
Item	Inspection Process	Comment/Defect	Initials	Date
<b>D-Rings</b>	Check D-rings for distortion, cracks, breaks and rough or sharp edges. It should pivot freely.			
<b>Ladders</b>	Check for damaged side rails and rungs before use.  Keep ladder clean, free from wet paint, mud, snow, grease, oil and other slippery materials.			
<b>Ladder hoist</b>	Ladder hoist operators' manual must be immediately available to personnel at all times.  Ladder hoist must be operated by competent personnel following the manufacturer's instructions.			
<b>Guardrail</b>				
<b>Top Rail</b>	Height of not less than 900 mm or more than 1.07 m from the floor level			
<b>Mid Rail</b>	The intermediate rail must be fastened to the inside of the vertical supporting posts midway between the top rail and the floor level.			
<b>Toeboard</b>	Have a toeboard which is at least 127 mm high and is fastened to the inside of the vertical supporting posts, and has a space of not more than 6 mm between the bottom of the toeboard and the floor			

**9. LADDER SETUP**

- |                                   |                          |                               |                          |
|-----------------------------------|--------------------------|-------------------------------|--------------------------|
| Set up on a firm, level base      | <input type="checkbox"/> | Extends 1 m past edge of roof | <input type="checkbox"/> |
| Set up 4:1 (vertical: horizontal) | <input type="checkbox"/> | Secured/tied off              | <input type="checkbox"/> |

**10. FALL EMERGENCY PROCEDURE/ EQUIPMENT**

Before use of a fall-arresting system by an employee, an owner of a place of employment, an employer or a contractor must develop a procedure for rescuing an employee in an emergency. All employees using the system must be trained on the procedure. Record the training in section 4 above.

**Emergency Procedure:**

**11. ROOF LAYOUT (Show anchor locations)**



