

Working at heights

Either working at heights of more than 1.8 meters, (6 ft) requires a fixed platform with railing, approved scaffoldings, the use of approved fall prevention equipment, or fall arrest systems secured to an appropriate anchoring point. Where practical, preference is to work at ground level. If not practicable, the preference is to work from a platform (fixed or scaffolding) with protection in place such that additional fall arrest Personal Protective Equipment is not required.

- 1) A fall protection plan is in place prior to working at height that includes emergency response procedures and drills to ensure effectiveness.
- 2) Following hierarchy of controls: When it is not possible to work at ground level or in a protect area, fall prevention systems, such as harness tethers restricting movement or temporary railings, are used as first option. Potential second options (such as controlled-access zones or leading edge procedures) are approved prior to use by the client and site management, fall arrest systems would be the next option.
- 3) Personal Fall Arrest Systems consist of a full body harness and tie-off equipment such as dual self-retracting lanyard, dual lanyards with a shock absorber or other approved devices matched to the fall potential the worker is exposed to. All have compatible/manufacture approved accessories and suspension trauma straps.
- 4) A trained rescue team knowledgeable in suspension trauma (orthostatic intolerance) and outfitted with fit for purpose emergency rescue equipment is located at the work site.
- 5) Pre-work planning identifies the locations of acceptable anchor points to facilitate ease of use, load requirements, and height requirements.
- 6) All personnel who have the potential for exposure to falls are trained to:
 - recognize potential hazards
 - comply with the work practices and established controls to prevent falls
 - select and use the appropriate type of fall protection system and anchor points
 - inspect and maintain the fall protection system.
- 7) Site requires 100% tie off (i.e. at least one lanyard is tied off at all times) when people are working at heights outside a protected area.
- 8) There are procedures to use, maintain, and inspect components of fall protection systems and ladders as per manufacturer's requirements and recommendations, including pre-use inspections.
- 9) Ladders extending more than 6 meters (20 feet) have fall protection measures such as cages, friction devices or self-retracting line in place to protect against falls.

- 10) Anchorages used for tie-off meet internationally recognized standards and the tie-off point is above the work activity level where possible.
- 11) Open holes that have been made into floors or platforms have pre-approvals and covers that are secured, can hold twice the expected load and are labelled-tagged to prevent inadvertent removal of the cover. Where a hole cannot be completely covered, a hard barricade is in place around the hole.
- 12) Removing of handrails and/or alteration of work platforms that would create a fall hazard requires pre-approval. Fall protection is in place prior to alteration.
- 13) Fall protection systems or their components are removed from service and destroyed if they do not pass inspections, or if they have been subjected to a fall.

Relevant IOGP Life-Saving Rules.



Protect yourself against a fall when working at height



Keep yourself and others out of the line of fire