

Safe Work Procedure

Fall Arrest Systems

Facility:	Written By:	Approved By:	Date Created	Date of Last Revision:

Hazards Present:	PPE or Devices Required:	Additional Training Required:
Falls from more than 1.3 m Trips Slips	Hard Hat Steel Toed Boots Safety Glasses Travel Restraint System Guard Rail Fall Arrest system	Safety Net Gloves Fall Arrest Fall Arrest Quick Retrieval System

Safe Work Procedure:
<ol style="list-style-type: none"> 1 The supervisor is responsible for ensuring that all workers are trained & understand this procedure 2 The supervisor shall ensure that all employees under their direction use a complete fall arrest system when a hazard of falling 1.3 meters or more exists 3 All employees who require a fall arrest system shall be instructed in the inspection, donning and use of all components before the worker uses the system 4 The employee is responsible for ensuring that a complete fall arrest system is used where there is a hazard of falling 1.3 meters or more & that this procedure is followed as directed by the supervisor 5 Fall arrest equipment must be used by trained personnel only, & all equipment should be inspected by the user before each use 6 The fall arrest system consists of an approved full body harness and an approved lanyard 7 All fall arrest system components shall be CSA approved and readily identified 8 The length of the lanyard or the location of the anchor shall be so arranged that the worker can fall no farther than 1.2 meters. A retractable harness-mounted lanyard is the most acceptable method 9 All fall arrest components shall be stored properly and kept in good condition 10 Safety belts, harnesses, lanyards and lifelines shall not be knotted and shall not be allowed to become knotted or damaged 11 Never wrap lanyards around sharp or rough anchor points 12 Fall arrest equipment must not be altered in anyway 13 Any equipment subjected to a fall must not be used again 14 All synthetic materials must be protected from slag, hot sparks, open flames or other heat sources 15 Maximum working load is 310 pounds, unless otherwise labeled 16 The anchor or tie off point must be capable of supporting 5,000 pounds per worker

If an emergency situation occurs while conducting this task, or there is an equipment malfunction, engage the emergency stop and follow the lock out procedure

REPORT ANY HAZARDOUS SITUATIONS TO YOUR SUPERVISOR

<p>Guidance Documents/Standards:</p> <p>MB Workplace Safety & Health Act & Regulations: 6 Personal Protection Equipment 14 Fall Protection</p> <p>CSA Standard: ANSI 10.11-1989(1998)</p> <p>Z259.1-05 Z259.2.1-98 Z259.12-01</p> <p>Z259.10-06 Z259.2.2-98 Z259.13-04</p> <p>Z259.11-05 Z259.2.3-99 Z259.16-04</p>	<p>This Safe Work Procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three years</p> <hr/> <p>Reviewed By Worker Rep/WSH Committee:</p> <p>Date:</p>
---	--