



**PCL CONSTRUCTORS CANADA INC.  
Manitoba Hydro Downtown Office Project**

**Date:** March 20, 2007

**To:** Superintendents, Supervisor, Foreman, Leadhands and Workers

**Re:** Safe Work Procedure – Fall Protection Procedures

**\* This Safe Work Procedure is designed for the health and safety of all personnel that are required to perform these tasks. Always refer to the Manitoba Workplace Safety and Health Act and Regulations for more information about performing a task safely.**

<b>GENERAL TASK DESCRIPTION:</b>	Procedures to follow when having to work from heights exceeding 8'. Procedures will be dependant on type of work being performed and type of fall equipment that will be required for the task. The procedure must be "reasonably practicable" if procedure cannot follow Fall Protection Legislation (Part 14 of The Manitoba Workplace Safety & Health Regulation 217/2006)
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**HAZARD IDENTIFICATION:**

ITEM	HAZARDS IDENTIFIED	CONTROLS
1	Falls	Proper fall protection equipment must be worn
2	Equipment failure	Equipment must be inspected by a competent worker before each use. Must be used as per manufacturers specifications
3	Inadequate knowledge / training	Workers must be trained in fall arrest before commencing any type of work from heights.
4	Inadequate anchor point	Anchor point must be engineered and be able to withstand 5000 lbs of impact force or be of unquestionable strength.
5	Hanging in harness following a fall	Fall protection rescue plan must be in place. Winnipeg Fire Dept. High Angle Rescue Team must be immediately notified.
6	Defective equipment	All defective equipment must be tagged out of service (repaired if possible) or destroyed.

**LIST OF TOOLS/EQUIPMENT:**

ITEM	TOOLS/EQUIPMENT	DESCRIPTION/COMMENTS
1	Fall arrest equipment	Full body harness, shock absorbing lanyards, retractable lanyards / lifelines, vertical lifelines, rope grabs, horizontal lifelines etc.
2	Anchor points	Must be engineered for 5000 lbs. or be of unquestionable strength as determined by the supervisor.
3	Equipment inspection checklist	
4	Fall rescue plan	Emergency numbers to be readily available



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<b>WORK PROCEDURE: Working From Heights Exceeding 10'</b>		
<b>ITEM</b>	<b>PROCEDURES</b>	<b>NOTES/COMMENTS</b>
1	Perform a hazard assessment before commencing work	
2	Determine what equipment will be needed from the hazard assessment that was completed	Equipment should fit the task being performed
3	Inspect all fall arrest equipment before use	Defective equipment to be removed from service
4	After donning your harness, have co-worker or partner check to make sure dorsal D-ring is in proper position and harness is properly fitted	Use of fall protection equipment training should be completed beforehand.
5	Set up all anchor points / safety lines required before commencing work	Type of lines will be determined by type of work being performed
6	Hook to safety line before proceeding to any leading edge	Have partner check to make sure lanyard is hooked up properly
7	Always be very aware of the locations of any open edges in your work area	If available / practicable, set up a bump line to warn workers where the edge is located
8	When finished task, leave the area and unhook yourself from the safety line	
9	When work is completed for the day, make sure to place all fall equipment in a dry ventilated area. Full body harnesses should be hung up in a dry area.	



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**SUPERINTENDENT, FOREMAN, LEADHANDS REVIEW & SIGN-OFF:**

**By printing my name and signing I am acknowledging that I have reviewed this procedure in detail and understand the identified hazards, required tools/equipment and the safe work procedures as outlined here within. If I am unsure of anything in this procedure, I will ask for clarification.**

	<b>SUPERINTENDENT / FOREMAN / LEADHANDS NAME (Please Print)</b>	<b>SIGNATURE</b>	<b>POSITION</b>
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10			

<b>CREATED BY:</b>		<b>DATE:</b>	
<b>SIGNATURE:</b>			
<b>REVIEWED BY:</b>		<b>DATE:</b>	
<b>SIGNATURE:</b>			
<b>REVIEWED BY:</b>		<b>DATE:</b>	
<b>SIGNATURE:</b>			