

FALL PROTECTION – APPROVALS & INSPECTIONS

IDENTIFY

When you are using a travel restraint or fall-arrest system, your life depends on equipment.

If your equipment is not certified by a recognized authority, or is not properly inspected and maintained, you risk injury and death.

COMMUNICATE AND CONTROL

Safety harnesses must be approved by the Canadian Standards Association (CSA). Look for the CSA logo. Also look for the CSA logo on lanyards, shock absorbers, and rope grabs. The label means the equipment has been manufactured to meet high standards. Refer to the Workplace Safety and Health (WSH) Regulation Part 14.7(1) for information on the selection of fall protection systems.

Inspections

Inspect your fall protection equipment before each use and remove any components from service if their integrity is in doubt. Store your fall protection equipment so that it is well protected from the weather.

A worker who is competent in inspection should perform an annual inspection of the fall protection equipment and document the results. A documented pre-use inspection should be conducted.

If any part of a fall protection system has been used to arrest a fall, it must be discarded or removed from service until the manufacturer certifies that all components are safe for reuse.

Legislation – refer to the following from the WSH Regulation for inspection of fall protection systems:

- **14.8 (1) (a)(b)(c), 14.8(2)** – Inspection and Maintenance
- **14.9** – Inspection after Fall Arrest
- **14.11** – Training
- **14.12 (a)(b)(c)** – Travel Restraint Systems
- **14.13 (1)(a)(b)(c)(d)(e), 14.13(3)(4)** – Fall Arrest Systems

When inspecting a fall protection system, you must check each component, including the harness, lanyard, lifeline, and rope grab.

Harness

Ensure the following:

- Hardware and straps are intact and undamaged.
- Moving parts move freely through their full range of motion.
- Webbing is free of burns, cuts, loose or broken stitching, frayed material, and signs of heat or chemical damage.

Lanyard

Ensure the following:

- The lanyard fastens securely to the D-ring on the harness.
- Inspect the lanyard for fraying, kinking, and loose or broken stitching.
- Check lanyard hardware for rust, cracks, and damage.
- Check shock-absorbing lanyards regularly. Look for torn stitching on tearaway types. Check other types for damage, such as cracks and loose parts.

Lifeline

Ensure the following:

- Inspect fibre rope lifelines for fraying, burns, kinking, cuts, and signs of wear and tear.
- Check retractable block lifelines for smooth operation. Pull out line and jerk it suddenly. Braking action should be immediate and tight.

Rope grab

Ensure the following:

- Look for damage, cracking, dents, bends, or signs of deformation.
- Check that connecting rings are centred — not bent to one side or otherwise deformed.
- Check for rust or sharp edges, signs of wear or metal fatigue, and moving parts that don't work smoothly.

THE QUIZ

1. List two fall hazards on your construction site:
 - a) _____
 - b) _____
2. If your equipment is not certified by a recognized authority, or not properly inspected/maintained, you risk injury and death:
TRUE _____ FALSE _____
3. Safety harnesses must be approved by the CSA:
TRUE _____ FALSE _____
4. What does the CSA label mean?
 - a) It has been manufactured to meet high standards
 - b) It meets the legislation
 - c) It meets the national standard
 - d) All of the above
5. The employer must train workers in fall protection systems:
TRUE _____ FALSE _____
6. When are you required to inspect your fall protection and document it?
 - a) Once a month
 - b) Prior to each use
 - c) Annually
7. Name four items you must inspect on your fall arrest system:
 - a) _____
 - b) _____
 - c) _____
 - d) _____
8. An employer must ensure that no component of a travel restraint or fall arrest system comes into contact with what?
 - a) Sharp edge that could cut, chafe, or abrade
 - b) The sun/UV
 - c) The employer is not responsible
9. Fall protection systems must be kept free from substances or conditions:
TRUE _____ FALSE _____
10. An employer must ensure fall protection systems that have arrested are not returned to service until they have been inspected and certified by a manufacturer or professional engineer:
TRUE _____ FALSE _____

ANSWERS:
1. Site-specific answer; 2. TRUE; 3. TRUE; 4. d; 5. TRUE;
6. b; 7. Harness, lanyard, lifeline, and rope grab; 8. a;
9. TRUE; 10. TRUE