



## WRHA REGIONAL FACILITIES MANAGEMENT GUIDELINE

### Fall Protection Guideline

#### 1.0 **PURPOSE:**

- 1.1 To reduce the risk of falls by maintenance or other department staff contracted staff or other individuals working off ladders or from unprotected heights.
- 1.2 To protect staff from injury due to falls by applying the appropriate fall arrest systems.
- 1.3 To ensure site facilities develop operational procedures following these guidelines that include the responsibilities of management and workers, training plans, and documentation of training and appropriate review process.

#### 2.0 **DEFINITIONS:**

- 2.1 Fall Protection – definition from Workplace Safety and Health Regulation: Manitoba Regulation 217/2006, Part 14.
  - 14.1(1) This part applies to every workplace where there is a risk of a worker falling
    - a) A vertical distance of 3 m or more;
    - b) A vertical distance of less than 3 m where there is an increased risk of injury due to the surface or item on which the worker might land;
    - c) Into operating machinery or moving parts of the machinery;
    - d) Into water or another liquid;
    - e) Into or onto a hazardous substance or object;
    - f) Through an opening on a work surface; or
    - g) A vertical distance of more than 1.2m from an area used as a path for a wheelbarrow or similar equipment.
  - 14.1(2) This part does not apply to a workplace that is subject to Division 2 or Part 31 (Roof Work)

#### 3.0 **GUIDELINES:**

- 3.1 All staff who work from an unprotected height of 3 meters or greater (when measured from the workers feet to the ground), shall either
  - 3.1.1 Use an appropriate fall arrest system, or
  - 3.1.2 Be protected by a suitable guard rail, or
  - 3.1.3 If on a ladder system, they must maintain 3-point contact while climbing.
- 3.2 Travel restraint systems shall be employed on horizontal services (where guard rails are not in place) to prevent staff from traveling to within two meters of a point where they may fall more than three meters.
  - 3.2.1 Where practical, guardrails (meeting the requirement of the regulation) shall be installed in areas frequented by Maintenance Staff where there exists a risk of falls.
- 3.3 All new fixed vertical ladders (ship ladders) shall have suitable guardrails, cages and fall arrest protection as per the Manitoba standards. Existing vertical ladders shall be assessed as part of facility hazard assessment process and provide corrective action to ensure safe use.
- 3.4 All fall arrest components shall meet CSA standards for fall arrest equipment including the design, installation and maintenance of any permanent portions of the anchorage system.



## WRHA REGIONAL FACILITIES MANAGEMENT GUIDELINE

### Fall Protection Guideline

- 3.4.1 Facilities must ensure that they maintain an inspection and audit process of all the fall arrest equipment in its possession according to manufacturer's recommendations and Manitoba Regulations.
- 3.4.2 Staff wearing fall arrest or restraint devices must be trained in the pre-use inspection of those devices, and shall do so before each use.
- 3.4.3 Annual inspection and testing of fall arrest equipment, must be carried out by a trained individual (specifically trained staff or contracted out).
- 3.4.4 Facilities must ensure adequate training of staff in the proper application, use and inspection of travel restraint and fall arrest equipment.
- 3.5 All permanently installed fall protection and horizontal lifeline systems shall be designed by and the installation certified by a professional engineer. (Manitoba Regulation Part 14: Fall Protection, 14.7 (1) b) and 14.22 (4).
- 3.6 When work at heights requiring fall protection equipment and/or expertise beyond the capabilities of onsite staff, the work shall be assigned to another staff member or contractor suitably trained, experienced and equipped to safely perform the work and is COR Certified and completed the WRHA Responsible Contractor Safety Program.
- 3.7 All site employees; contractor workers and self-employed persons shall follow all Fall Protection Policy and Procedures while performing this type of work.

#### 4.0 **REFERENCES:**

- (i) CSA Standard Z259.1-05, Body Belts and Saddles for Work Positioning and Travel Restraint,
- (ii) CAN/CSA Standard Z259.2.1-98 (R2004), Fall Arresters, Vertical Lifelines, and Rails,
- (iii) CAN/CSA Standard Z259.2.2-98 (R2004), Self-Retracting Devices for Personal Fall-Arrest Systems,
- (iv) CSA Standard Z259.2.3-99 (R2004), Descent Control Devices,
- (v) CSA Standard Z259.10-06, Full Body Harnesses,
- (vi) CSA Standard Z259.11-05, Energy Absorbers and Lanyards,
- (vii) CAN/CSA Standard Z259.12-01 (R2006), Connecting Components for Personal Fall Arrest Systems (PFAS),
- (viii) CSA Standard Z259.16-04, Design of Active Fall-Protection Systems,
- (ix) CSA Standard Z259.13-04, Flexible Horizontal Lifeline Systems,
- (x) ANSI Standard 10.11-1989 (R1998), Personnel & Debris Nets for Construction & Demolition Operations - Safety Requirements for Personnel and Debris Nets -American National Standard for Construction and Demolition Operations;

Despite the reference to safety belts in CSA Standard Z259.1-05, Body Belts and Saddles for Work Positioning and Travel Restraint, an employer must ensure that a safety belt is not used as part of a fall protection system at the workplace.

**Revision #4**

**Date: October 16, 2009**

**Author: Craig Doerksen**

Reviewed and Revised by OESH Safety Group  
– August 2009