

PPE - Fall Arrest System

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	Hard Hat	Safety Net	Fall Arrest
Trips	Steel Toed Boots	Gloves	Quick Retrieval System
Slips	Safety Glasses	Fall Arrest	
	Travel Restraint System	Guard Rail	
	Fall Arrest System		

Safe Work Procedure:

- 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

Guidance Documents/Standards: MB Workplace Safety & Health Act & Regulations: 6.10 Personal Protective Equipment CSA Standard Z94.1-05 ANSI Z89.1-2003	This Safe Work Procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three years
	Reviewed By WSH Committee: Date: