

# Ask The Expert: At What Height Is Fall Protection Required?



## QUESTION

How high up do workers have to be working before they're legally required to use fall protection equipment'

## ANSWER

Three metres (9.84 feet) in most cases.

## EXPLANATION

Three metres from a so called 'safe surface' is the threshold in every jurisdiction. (The threshold for federally regulated workplaces under the Canada OHS Regs. increased from 2.4 to 3 metres on Sept. 1, 2019). However, the threshold is lower, i.e., fall protection equipment is required at a height of less than 2 metres, where workers are at risk of falling into something hazardous such as operating machinery, live power lines or water or other liquid which could drown them.