

Fall Protection – Know The Laws of Your Province



Fall protection regulations are vital for ensuring the safety of workers operating at heights in Canadian workplaces. These regulations require employers to assess fall hazards, provide appropriate fall protection systems—such as guardrails, travel restraint systems, and personal fall arrest equipment—and ensure proper training and supervision. Safety measures include written fall protection plans, regular inspections, equipment maintenance, and emergency rescue procedures. Workers must be trained in identifying fall risks and using fall protection equipment effectively. While general safety principles are consistent across Canada, specific regulations vary by province and territory to reflect local work conditions. Adhering to these regulations significantly reduces the risk of injury, supports compliance, and promotes a culture of safety.

FEDERAL

In Canada, **employers must** address fall hazards under the **Canada Occupational Health and Safety Regulations Part XII, Sections 12.06 to 12.09**. They are **required** to develop a fall-protection plan, provide CSA-compliant equipment, ensure proper training, and implement systems like guardrails, fall-restraint, or fall-arrest systems. **Employers must** also inspect equipment regularly and ensure safe anchorage. When standard systems aren't feasible, alternative protective measures **must**

be taken.

Part XII – Protection Equipment and Other Preventive Measures

Fall-Protection Plan

(1) If there is a risk of injury due to falling in any of the circumstances described in paragraphs 12.07(1)(a), (b) or (c) in a workplace, the **employer must**, before any work activities begin,

(a) develop a fall-protection plan in consultation with the workplace committee or the health and safety representative; and

(b) ensure that a copy of the fall-protection plan is readily available at the workplace for consultation.

(2) The fall-protection plan **must** specify:

(a) the hazards that have been identified for each work area and each activity to be carried out at the work place;

(b) the fall-protection systems that have been chosen to protect against the identified hazards;

(c) if a personal fall-protection system is used, the anchorage to be used during the work;

(d) if a fall-arrest system is used, the clearance distance below each work area;

(e) if there are no manufacturer's instructions with respect to the storage, maintenance, inspection, testing, fitting, installation, use or dismantling of equipment that is used in a fall-protection system and that is provided by an **employer**, the procedures to be followed for the purposes of paragraphs 12.05(1)(a) to (d); and

(f) the rescue procedures to be followed if a person

falls.

(3) The fall-protection plan **must** include, in annex, a copy of any manufacturer's instructions with respect to the storage, maintenance, inspection, testing, fitting, installation, use, or dismantling of equipment that is used in a fall-protection system and that is provided by an **employer**.

(4) The fall-protection systems referred to in paragraph (2)(b) are to be chosen in consultation with the workplace committee or the health and safety representative, as appropriate for the work area and activity in question, taking into account the following order of priority:

(a) passive fall-protection system;

(b) fall-restraint system;

(c) fall-arrest system; and

(d) fall hazard zone system.

(5) The clearance distance referred to in paragraph (2)(d) **must** be sufficient to prevent a person from hitting the ground or an object or surface below the work area during a fall.
Section 12.06 (1) to (5).

Fall-Protection Systems

(1) Subject to subsection (2), an **employer must** provide or put in place a fall-protection system if work is to be performed:

(a) from a structure or on a vehicle at a height of 3 m or more;

(b) from a ladder at a height of 3 m or more if, because of the nature of the work, the person performing it is unable to use at least one hand to hold onto the ladder; or

(c) at a height of less than 3 m if the surface onto which the person might fall would present a greater risk of

injury than a solid, flat surface.

(2) If an employee is **required** to work on a vehicle and it is not feasible to provide or put in place a fall-protection system, an **employer must:**

(a) in consultation with the policy committee or, if there is no policy committee, the work place committee or the health and safety representative,

(i) perform a job safety analysis to eliminate or minimize the need for the employee to climb onto the vehicle or its load, and

(ii) provide every employee who could be **required** to climb onto the vehicle or its load with instruction and training by a qualified person on the safe method of climbing onto it and working there;

(b) make a report in writing to the Head of Compliance and Enforcement setting out the reasons why it is not feasible to provide or put in place a fall-protection system and include in that report the job safety analysis and a description of the instruction and training referred to in paragraph (a); and

(c) provide a copy of the report referred to in paragraph (b) to the policy committee or, if there is no policy committee, the workplace committee or the health and safety representative.

(3) The job safety analysis, instruction and training referred to in paragraph (2)(a) **must** be reviewed every two years in consultation with the policy committee or, if there is no policy committee, the workplace committee or the health and safety representative. **Section 12.07 (1) to (3).**

(1) A fall hazard zone **must** be at least 2 m wide and extend the entire length of the unguarded edge.

(2) A fall hazard zone **must** only be established on a surface that has a slope of five degrees or less.

(3) If a person needs to carry out an activity in a fall hazard zone or cross a fall hazard zone to get to or from a work area,

(a) the **employer must** ensure the presence of a fall hazard zone monitor whose exclusive duties are to

(i) supervise the fall hazard zone whenever an activity is being carried out there, and

(ii) ensure that the requirements of the fall-protection plan are respected;

(b) the **employer must** install, along the border between the fall hazard zone and any other work area, a raised demarcation line at a height of not less than 900 mm but not more than 1 100 mm; and

(c) the **employer must** ensure that a personal fall-protection system is used.

(4) If a fall hazard zone system has been established in a workplace, the **employer must** ensure that every person who is granted access to the workplace is informed of the fall hazard zone system's existence and is familiar with the procedures to be followed for accessing, performing work in and leaving the fall hazard zone. **Section 12.08 (1) to (4).**

(5) If more than one personal fall-protection system is secured to an anchorage, a separate anchorage connector **must** be used for each personal fall-protection system.

(6) The **employer must** ensure that a person who is using a personal fall-protection system wears and uses a full body harness.

(7) The **employer must** ensure that, before each work shift,

every employee inspects their personal fall-protection system in accordance with the fall-protection plan.

(8) The **employer must** ensure that a person who works on an aerial device, boom-type elevating platform, scissor lift platform, forklift truck platform or any similar personnel lifting equipment in the circumstances described in subsection 12.07(1) uses a fall-restraint system that is connected to:

(a) an anchorage that is specified in the instructions of the manufacturer of the lifting equipment; or

(b) if no anchorage is specified by the manufacturer, an anchorage that is certified by a person who is authorized to exercise the profession of engineering in Canada and that meets the requirements set out in CSA Group Standard Z259.16, *Design of active fall-protection systems*.

(9) If the use of a fall-restraint system would prevent the person referred to in subsection (8) from carrying out their work, the **employer must** ensure that a fall-arrest system is used. **Section 12.09 (5) to (9).**

For more information:

- Protection Equipment and Procedures. **Section 12.09 (1) to (4).**

Further details on the Canada Occupational Health and Safety Regulations can be found at [Laws-Lois.Justice.Gc.Ca](https://laws-lois.justice.gc.ca).

ALBERTA

In Alberta, **employers are required** to address fall hazards under the **Occupational Health and Safety Code Part 9, Sections 138 to 141**. **Employers must** ensure that workers are protected from falling where the risk exceeds 3 metres, or less in cases of unusual injury risk, hazardous surfaces, or openings. Guardrails are the preferred method, but if not practical,

travel restraint, fall arrest systems, or equally effective controls **must** be used. **Employers must** also develop a fall protection plan, provide site-specific training, and ensure proper use, inspection, and emergency procedures for fall protection systems.

Part 9 Fall Protection

Rescue Personnel Exemption

Rescue personnel involved in training or in providing emergency rescue services may use equipment, personal protective equipment and practices other than those specified in this Part. **Section 138.**

(1) An **employer** and a supervisor **must** ensure that a worker is protected from falling if a worker may fall,

(a) at a temporary or permanent work area, a vertical distance of 3 metres or more,

(b) at a temporary or permanent work area, a vertical distance of less than 3 metres if there is an unusual possibility of injury,

(c) at a temporary or permanent work area, into or onto a hazardous substance or object, or through an opening in a work surface, or

(d) at a permanent work area, a vertical distance of more than 1.2 metres and less than 3 metres.

(2) For the purposes of this section, there is an unusual possibility of injury if the injury may be worse than an injury from landing on a solid, flat surface.

(3) Subject to subsection (5), an **employer must** install a guardrail.

(5) Subject to subsection (6), if the use of a guardrail is

not reasonably practicable, an **employer** and a supervisor **must** ensure that a worker uses a travel restraint system that meets the requirements of this Part.

(6) Subject to subsection (7), if the use of a travel restraint system is not reasonably practicable, an **employer** and a supervisor **must** ensure that a worker uses a personal fall arrest system that meets the requirements of this Part.

(7) If the use of a personal fall arrest system is not reasonably practicable, an **employer** and a supervisor **must** ensure that a worker uses equally effective controls.

(8) A worker **must** use a fall protection system as **required** by this section. **Section 139 (1) to (8).**

Fall Protection Plan

(1) An **employer must** develop procedures that comply with this Part in a fall protection plan for a work site if a worker at the work site may fall 3 metres or more and the worker is not protected by guardrails.

(2) A fall protection plan **must** specify:

(a) the fall hazards at the work site,

(b) the fall protection system to be used at the work site,

(c) the anchors to be used during the work,

(d) that clearance distances below the work area, if applicable, have been confirmed as sufficient to prevent a worker from striking the ground or an object or level below the work area,

(e) the procedures used to assemble, maintain, inspect, use and disassemble the fall protection system, where applicable, and

(f) the rescue procedures to be used if a worker falls and is suspended by a personal fall arrest system or safety net and needs to be rescued.

(3) The **employer must** ensure that the fall protection plan is available at the work site and is reviewed with workers before work with a risk of falling begins.

(4) The **employer must** ensure that the plan is updated when conditions affecting fall protection change. **Section 140 (1) to (4).**

For more information:

- Instruction of workers. **Section 141 (1) to (3).**

Further details on the Occupational Health And Safety Code can be found at Alberta.ca.

BRITISH COLUMBIA

In British Columbia, **employers** are **required** to address fall protection under **OHS Regulation Part 11, Sections 11.2 to 11.5 and 11.9**. They **must** ensure workers use fall protection when there's a risk of falling 3 m or more, or less if the injury risk is high. Guardrails or fall restraint systems **must** be used where practical; otherwise, fall arrest or rope access systems are **required**. **Employers must** also provide training, develop a fall protection plan when needed, and ensure all equipment meets CSA/ANSI standards and is regularly inspected.

Part 11: Fall Protection

Obligation to Use Fall Protection

(1) Unless elsewhere provided for in this Regulation, an **employer must** ensure that a fall protection system is used when work is being done at a place:

(a) from which a fall of 3 m (10 ft) or more may occur, or

(b) where a fall from a height of less than 3 m involves a risk of injury greater than the risk of injury from the impact on a flat surface.

(2) The **employer must** ensure that guardrails meeting the requirements of Part 4 (General Conditions) or other similar means of fall restraint are used when practicable.

(3) If subsection (2) is not practicable, the **employer must** ensure that another fall restraint system is used.

(4) If subsection (3) is not practicable, the **employer must** ensure that one of the following is used:

(a) a fall arrest system;

(b) a rope access system that meets the requirements of Part 34.

(5) If subsection (4) is not practicable, or will result in a hazard greater than if a fall arrest system or a rope access system was not used, the **employer must** ensure that work procedures are followed that are acceptable to the Board and minimize the risk of injury to a worker from a fall.

(6) Before a worker is allowed into an area where a risk of falling exists, the **employer must** ensure that the worker is instructed in the fall protection system for the area and the procedures to be followed.

(7) A worker **must** use the fall protection system provided by the **employer**. **Section 11.2 (1) to (7).**

Fall Protection Plan

(1) The **employer must** have a written fall protection plan for a workplace if:

(a) work is being done at a location where workers are not

protected by permanent guardrails, and from which a fall of 7.5 m (25 ft) or more may occur, or

(b) section 11.2(5) applies.

(2) The fall protection plan **must** be available at the workplace before work with a risk of falling begins. **Section 11.3.**

Selection of Harness or Belt

(1) A worker **must** wear a full body harness or other harness acceptable to the Board when using a personal fall protection system for fall arrest.

(2) A worker **must** wear a safety belt, a full body harness or other harness acceptable to the Board when using a personal fall protection system for fall restraint. **Section 11.4 (1) (2).**

Equipment Standards

Equipment used for a fall protection system **must**:

- (a) consist of compatible and suitable components,
- (b) be sufficient to support the fall restraint or arrest forces, and
- (c) meet, and be used in accordance with, an applicable CSA or ANSI standard in effect when the equipment was manufactured, subject to any modification or upgrading considered necessary by the Board. **Section 11.5.**

Inspection and Maintenance

Equipment used in a fall protection system **must** be:

- (a) inspected by a qualified person before use on each workshift,

(b) kept free from substances and conditions that could contribute to its deterioration, and

(c) maintained in good working order. **Section 11.9.**

Further details on the Occupational Health and Safety Regulation can be found at Worksafebc.Com.

MANITOBA

In Manitoba, **employers** are **required** to address fall protection under the **Workplace Safety and Health Regulation Part 14, Sections 14.1 to 14.23**. **Employers must** implement fall protection measures when there is a risk of falling 3 m or more—or less, if the surface below poses a greater hazard. When guardrails aren't practical, travel restraint systems, fall arrest systems, or other approved methods **must** be used. **Employers** are responsible for developing safe work procedures, providing training, ensuring proper inspection and maintenance of equipment, and certifying fall protection systems and anchor points. They **must** also ensure all systems meet CSA and ANSI standards, and that workers are protected when working on vehicles, mobile equipment, or near sharp edges.

Part 14 – Fall Protection

Application

(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 1.2 m from an area used as a path for a wheelbarrow or similar equipment.

Section 14.1.

Safe Work Procedures

(1) An employer must:

- (a) develop and implement safe work procedures to prevent falls at the workplace;
- (b) train workers in the safe work procedures; and
- (c) ensure that workers comply with the safe work procedures.

(2) The safe work procedures **must** identify the fall hazards at the workplace and set out the measures that will be used to prevent falls at the workplace.

(3) When this Part requires the use of a guardrail system or fall protection system at a workplace, the safe work procedures **must** address the following issues:

- (a) the location of each guardrail system or fall protection system to be used at the workplace;
- (b) the procedures used to assemble, maintain, inspect, use and disassemble a fall protection system;
- (c) where applicable, the rescue procedures to be used for rescuing a worker after a fall has been arrested. Guardrail system requirements. **Section 14.2.**

Subject to section 14.6, an **employer must** ensure that a

guardrail system is used where there is a risk of a worker falling in any of the circumstances set out in subsection 14.1(1). **Section 14.3.**

Guardrail Requirements

(1) An **employer must** ensure that a guardrail:

(a) is at least 900 mm high and not more than 1,060 mm above the working surface, with an intermediate rail at between 450 and 530 mm above the working surface; and

(b) is constructed and secured to resist a static load of 900 N in any direction in which the load may be applied at any point on the top rail and on any intermediate rail.

(2) A guardrail **must** have a toe board securely fastened to the posts and extending from the surface of the working area to a height of at least 125 mm when there is a risk of falling objects.

(3) If a guardrail is made from wood, it **must**:

(a) be free from splinters and protruding nails; and

(b) have a top and mid rail of at least 38 mm x 89 mm securely supported on posts of at least 38 mm x 89 mm and spaced at not more than 2.4 m. **Section 14.4.**

Temporary Guardrail Removal

An **employer** may temporarily remove a guardrail when it is necessary to do so to facilitate work in the immediate area. The **employer must** ensure that any worker in the area uses a fall protection system while the guardrail is removed. **Section 14.5.**

Fall Protection Systems

When the use of a guardrail system is not reasonably practicable or would not be effective, an **employer must** ensure

that the worker is protected by at least one of the following fall protection systems:

- (a) a travel restraint system;
- (b) a fall arrest system;
- (c) a safety net;
- (d) another fall protection system approved by the director. **Section 14.6.**

For more information:

- Requirements for fall protection systems. **Section 14.7 (1) (2).**
- Inspection and maintenance. **Section 14.8 (1) (2).**
- Inspection after fall arrest. **Section 14.9.**
- Defective components. **Section 14.10.**
- Training. **Section 14.11.**
- Travel restraint systems. **Section 14.12.**
- Fall arrest systems. **Section 14.13.**
- Fixed support system requirements. **Section 14.14 (1) (2).**
- No sharp edges. **Section 14.15.**
- Fall arrest systems and powered mobile equipment. **Section 14.16.**
- Fall protection on vehicles. **Section 14.17.**
- Full body harness. **Section 14.18.**
- Lanyards. **Section 14.19.**
- Lifeline requirements. **Section 14.20.**
- Vertical lifelines. **Section 14.21.**
- Horizontal lifelines. **Section 14.22 (1) to (4).**
- Inspection and testing of safety nets. **Section 14.23 (1) (2).**

Further details on Workplace Safety and Health Act and Regulation can be found at Gov.Mb.Ca.

NEW BRUNSWICK

In New Brunswick, **employers must** address fall protection under the **General Regulation Part 14, Sections 49 to 50.5**. **Employers** are responsible for providing and ensuring continuous use of fall-protection systems when workers are at risk of falling 3 m or more, or where surfaces or objects below pose serious hazards. Systems **must** be selected in order of precedence—guardrails, travel restraint, or fall restricting systems, followed by fall arrest—and used in accordance with applicable standards. **Employers must** develop a fall-protection code of practice for certain high-risk tasks, provide training by a competent person, and ensure that all components are regularly inspected and maintained.

Fall Protection System

(1) The **employer shall** provide, and the employee **shall** continually use a fall-protection system when the employee works from:

(a) An unguarded work area that is

(i) 3 m or more above water or the nearest permanent safe level

(ii) above any surface or object that could cause injury to the employee upon contact, or

(iii) above any open top tank, bin, hopper, or vat,

(b) a work area that is 3 m or more above a permanent safe level and from which a person may fall if the work area tips or fails, or

(c) a work area where an officer has determined that it is necessary for safety reasons to use a fall protection system.

(2) If an employee is **required** to work from a com-

communication or power transmission tower or other similar structure 3 m or more above a permanent safe level, the **employer shall** provide and the employee **shall** continually use a fall-protection system when at rest and at the working level.

(3) If an employee referred to in subsection (2) is ascending or descending a communication or power transmission tower or other similar structure, the **employer shall** provide and the employee **shall** continually use a fall-arresting system.

(4) If an employee is **required** to work from a wood pole or other similar wood pole structure 3 m or more above a permanent safe level, the **employer shall** provide and the employee **shall** continually use:

(a) a fall-arresting system when the employee is ascending, descending, or at rest, and

(b) a work positioning system in addition to the fall-arresting system when the employee is performing work at the working level.

(5) If it is not practical to use a fall-arresting system and a work positioning system, the **employer shall** provide and the employee referred to in subsection (4) **shall** continually use a fall restricting system when ascending or descending and to secure themselves to the wood pole when at rest or at the working level.

(6) This section does not apply to the following situations:

(a) if the employee will at all times remain further than 3 m from the unguarded edge of a surface with a slope of 3 in 12 or less;

(b) where a firefighter is engaged in structural firefighting;

(c) if an employee is engaged in the installation,

maintenance or removal of a fall-protection system and another form of fall-protection is not practical, provided the employee has been fully instructed in work procedures and hazards and in how to protect themselves from falling; or

(d) if it is not practical to use a fall-protection system where an employee is engaged in the weather- proofing of a roof that has a total area of less than 23 m² or of a roof of a canopy or walkway that have slopes of 3 in 12 or less, provided the employee has been fully instructed in work procedures and hazards and in how to protect themselves from falling. **Section 49 (1) to (6).**

Applicable Standards

(1) An owner of a place of employment, an **employer**, and a contractor **shall** each ensure that the components of a fall-protection system:

(a) are designed in accordance with good engineering practices,

(b) are erected, installed, assembled, used, handled, stored, adjusted, maintained, repaired, and dismantled in accordance with the manufacturer's specifications, and

(c) meet the requirements of the applicable standards.
Section 49.1.

For more information:

- Methods of fall-protection system. **Section 50 (1) to (5).**
- Work area. **Section 50.1.**
- Fall-protection code of practice. **Section 50.2 (1) to (4).**
- Training. **Section 50.3 (1) to (4).**
- Inspections of fall-protection system components.

Section 50.4 (1) to (3).

- Inspections of personal fall-protection system components. **Section 50.5 (1) (2).**

Further details on the General Regulation can be found at [Laws.Gnb.Ca.](#).

NEWFOUNDLAND & LABRADOR

In Newfoundland and Labrador, **employers** are **required** to address fall protection under the **Occupational Health and Safety Regulations Part X, Sections 139 to 142.** **Employers must** ensure that workers exposed to fall hazards of 3 m or more, or over dangerous surfaces or substances, are protected through compliant fall protection systems such as fall arrest, guardrails, safety nets, or other equally safe methods. Fall arrest systems **must** meet CSA standards and be secured to approved anchorage points, include full body harnesses and inspected regularly by a qualified person. **Employers** are also responsible for training workers, developing written fall protection and rescue plans, and ensuring that no equipment is reused after a fall unless inspected and repaired to manufacturer standards.

Part X – Fall Protection

Training requirement

A worker **shall** not use fall protection equipment after January 1, 2012 unless the worker has completed a training program on fall protection prescribed by the commission. **Section 139.**

Fall Protection Systems

Where an **employer** determines it is impractical to provide adequate work platforms or staging, the **employer shall** ensure that fall protection systems are used by all workers who are exposed to the hazard of falling, as **required** in section 141. **Section 140.**

General Requirements

Where a worker is exposed to the hazard of falling from a work area that is:

- (a) 3 metres or more above the nearest safe surface or water;
- (b) above a surface or thing that could cause injury to the worker if the worker were to fall on the surface or thing; or
- (c) above an open tank, pit or vat containing hazardous material, the **employer shall** ensure that
- (d) the worker is provided with a fall arrest system that meets the requirements of section 142;
- (e) a guardrail that meets the requirements of section 28 is constructed or installed at the work area;
- (f) a personnel safety net that meets the requirements of section 143 is installed at the work area;
- (g) temporary flooring that meets the requirements of section 146 is constructed or installed at the work area; or
- (h) the worker is provided with another means of fall protection that provides a level of safety equal to or greater than a fall arrest system that meets the requirements of section 142. **Section 141 (a) to (h).**

Fall Arrest System

(1) A fall arrest system that is provided in accordance with section 141 **shall:**

- (a) be adequately secured to
 - (i) an anchorage point, or

(ii) a lifeline that is

(A) securely fastened to anchor points, or

(B) attached to a static line that is securely fastened to anchorage points and that is capable of withstanding either the maximum load likely to be imposed on the anchorage point or a load of 22.2 kilonewtons, whichever is the greater;

(b) include a lanyard

(i) that is attached to an anchorage point or lifeline, where practicable, above the shoulder of the worker, and

(ii) that complies with

(A) CSA Standard Z259.11 "Personal Energy Absorbers and Lanyards", or

(B) CSA Standard Z259.2.2 "Self-Retracting Devices".

(c) prevent a free fall greater than 1.22 metres where

(i) the fall arrest system is not equipped with a shock absorption system that complies with CSA Standard Z259.11 "Personal Energy Absorbers and Lanyards" and that reduces the shock level of a fall to less than 4 kilonewtons, or

(ii) the combined free fall and shock absorbed deceleration distance exceeds the distance between the work area and a safe surface;

(d) include a full body harness that

(i) is attached to a lanyard,

(ii) is adjusted to fit the user of the harness, and

(iii) complies with CSA Standard Z259.10 “Full Body Harnesses”; and

(e) include connecting components that comply with CSA Standard Z259.12 “Connecting Components for Personal Fall Arrest Systems”.

(2) Where a fall arrest system includes a lifeline, the lifeline **shall**:

(a) comply with CSA Standard Z259.2.5 “Fall Arresters and Vertical Lifelines”;

(b) extend to a safe surface below the work area and be securely attached to an anchorage point;

(c) be secured at the bottom of the lifeline to prevent tangling or disturbance of the line and be free of knots, lubricants and imperfections;

(d) be free of splices, except where they are necessary to connect the lifeline to an anchorage point;

(e) be provided with softeners at all sharp edges or corners to protect against cuts or chafing; and

(f) be clearly identified as a lifeline by colour or by another means that provides an equivalent level of safety.

Section 142 (1) (2).

For more information:

▪ General requirements. **Sections 142 (3) to (10).**

Further details on the Occupational Health and Safety Regulations can be found at Assembly.Nl.Ca.

NOVA SCOTIA

In Nova Scotia, **employers must** address fall protection under

the [Workplace Health and Safety Regulations Part 21, Sections 21.2 to 21.9, and 21.19 to 21.22](#). Fall protection—such as guardrails, safety nets, travel restraint, or fall-arrest systems—is **required** when workers face a fall risk of 3 m or more, or less if hazardous conditions exist. **Employers must** assess hazards, implement appropriate controls, and provide written safe-work procedures or plans. Workers **must** be trained in fall protection before starting such work, with training renewed every three years. **Employers** are responsible for ensuring equipment meets CSA/ANSI standards and maintaining training records and certificates on site.

Part 21: Fall Protection

Fall Protection Required

(1) Except as provided in subsections (3) to (5), fall protection is **required** if a person is at risk of falling from a work area where the fall distance is:

- (a) 3 m or more above the nearest safe surface or water;
- (b) less than 3 m and the work area is above 1 of the following:
 - (i) a surface or thing that could cause injury to the person on contact that is worse than an injury from landing on a solid, flat surface,
 - (ii) exposed hazardous material, such as in an open tank, pit, or vat.

(2) If fall protection is **required**, an **employer must** ensure that at least 1 of the following means of fall protection is used, as appropriate in the circumstances:

- (a) a guardrail;
- (b) temporary flooring;

- (c) a personnel safety net;
- (d) a travel restraint system;
- (e) a fall-arrest system.

(3) Fall protection is not **required** for a person who is entering or exiting a work area by a safe means of access and egress.

(4) Fall protection is **required** only where reasonably practicable and to the extent reasonably practicable in any of the following circumstances:

- (a) if work **must** be performed on or from a vehicle, rail car or other mobile equipment;
- (b) if it is not reasonably practicable to perform work other than from a ladder and it is not reasonably practicable for the person performing the work to maintain adequate contact with the ladder while performing the work;
- (c) if the density of tree branches prevents an arborist from crotching.

(5) If it is not reasonably practicable to use fall protection in the circumstances described in subsection (4), an **employer must** ensure that an alternate control measure is used to reduce, to the extent reasonably practicable, the risk of a fall. **Section 21.2 (1) to (5).**

Written Fall-Protection Safe-Work Plan

(1) Except as provided in subsection (2), an **employer must** establish a specific written fall-protection safe-work plan for a specific work area where fall protection is **required** and the fall distance is 7.5 m or more.

(2) A specific written fall-protection safe-work plan is not

required under subsection (1) if any of the following conditions apply:

(a) all persons performing the work are protected by a permanent guardrail;

(b) the work is performed from a work-platform described in Sections 23.12 to 23.15 of Part 23: Scaffolds and Other Elevated Work-platforms and all persons performing the work are using adequate fall protection;

(c) the work is performed by an emergency services agency in accordance with Section 1.16.

(3) A fall-protection safe-work plan **must** be established based on a hazard assessment of the specific work to be performed in the work area and **must** include all of the following information:

(a) the nature of the work to be performed;

(b) the anticipated duration of the work;

(c) a description of the work;

(d) a list of the primary tools or equipment to be used in the work;

(e) reference to applicable health and safety legislation and regulations;

(f) a list of potential fall hazards of the work and their associated risks;

(g) the fall-protection system or systems to be used at the work area;

(h) any anchorages to be used during the work;

(i) if a fall-arrest system is to be used, confirmation that the clearance distances below the work area are

sufficient to prevent a person from striking

- (i) the nearest safe surface or water,
 - (ii) a surface or thing that could cause injury to the person on contact, or
 - (iii) exposed hazardous material, such as an open tank, pit or vat;
- (j) a procedure to address the risks associated with the potential for swing as a result of anchorage placement when a person is using a fall-arrest system;
- (k) the procedures to be used to assemble, maintain, inspect, use and disassemble a fall-protection system, as applicable;
- (l) schedules for inspecting any fall-protection systems and the names of any persons responsible for carrying out the inspections;
- (m) adequate written rescue procedures to be used if a person falls and requires rescue, including if a person is suspended by a fall-arrest system or personnel safety net;
- (n) the effect of weather conditions;
- (o) the name of a designated competent person to supervise the work area;
- (p) the training and qualifications **required** for persons who will perform the work, as determined by the **employer**;
- (q) a method for communicating the fall-protection safe-work plan to any person who may be affected by the plan.

(4) If a workplace has more than 1 work area for which a fall-protection safe-work plan is **required**, an **employer** may create a separate plan for each specific work area or one overall plan for the workplace that includes all of the requirements

necessary for each specific plan. **Section 21.4 (1) to (4).**

For more information:

- Written fall-protection safe-work procedure. **Section 21.3 (1) to (3).**
- Fall-Protection Systems – Guardrails. **Section 21.5 (1) to (3).**
- Temporary flooring. **Section 21.6.**
- Personnel safety nets. **Section 21.7 (1) (2).**
- Travel restraint systems. **Section 21.8.**
- Fall-arrest systems. **Section 21.9.**
- Fall-protection training required. **Section 21.19 (1) to (5).**
- Fall-protection training topics. **Section 21.20.**
- Record of fall-protection training. **Section 21.21.**
- Fall-protection training certificate or card. **Section 21.22.**

Further details on the Workplace Health and Safety Regulations can be found at [Novascotia.Ca](http://Novascotia.ca).

NORTHWEST TERRITORIES

In Northwest Territories, **employers must** address fall protection under the **Occupational Health and Safety Regulations**, **Sections 104 to 108, and 119 to 122**. Employers are responsible for ensuring that fall protection systems—such as guardrails, travel restraints, or fall arrest systems—are in place and meet specific standards when workers are exposed to fall risks of 3 m or more, or to any hazardous surfaces. A written fall protection plan is **required**, detailing equipment, rescue procedures, and training. Anchor points **must** meet minimum load capacities, and all components like harnesses, lanyards, and snap hooks **must** be approved, maintained, and used as specified.

Personal Fall Arrest System

(1) An **employer shall** ensure that a personal fall arrest system and connecting linkage **required** by these regulations are each approved and maintained.

(2) An **employer shall** ensure that a personal fall arrest system is **required** by these regulations:

(a) prevents a worker from falling more than 1.2 m without a shock absorber;

(b) if a shock absorber is used, prevents a worker from falling more than 2 m or the limit specified by the manufacturer's specifications, whichever is less;

(c) applies a peak fall arrest force not exceeding 8 kN to a worker; and

(d) is fastened to a lifeline or to a secure anchor point that has a breaking strength of not less than 22.2 kN.

Section 104.

Full Body Harness

If a full body harness is **required** by these regulations, an **employer shall** ensure that:

(a) the full body harness and connecting linkage are each approved and maintained;

(b) the full body harness is properly fitted to the worker;

(c) the worker is trained in the safe use of the full body harness;

(d) all metal parts of the full body harness and connecting linkage are of drop-forged steel 22 kN proof tested;

(e) a protective thimble is used to protect ropes or straps from chafing whenever a rope or strap is connected to an eye or a D-ring used in the full body harness or connecting

linkage; and

(f) the connecting linkage is attached to a personal fall arrest system, lifeline or secure anchor point to prevent the worker from falling more than 1.2 m. **Section 105.**

Snap Hooks on Personal Fall Arrest System

If a snap hook is used as an integral component of a personal fall arrest system, connecting linkage, full body harness or lifeline, an **employer shall** ensure that the snap hook is self-locking and is approved and maintained. **Section 106.**

Workers' Responsibilities

(1) Before using a lifeline or lanyard, a worker **shall** ensure that the lifeline or lanyard is:

- (a) free of imperfections, knots and splices, other than end terminations;
- (b) protected by padding where the lifeline or lanyard passes over sharp edges; and
- (c) protected from heat, flame or abrasive or corrosive materials during use.

(2) Before using a vertical lifeline, a worker **shall** ensure that:

- (a) the lower end extends to the ground or to a safe landing; and
- (b) the lifeline is protected at the lower end to ensure that the line cannot be fouled by any equipment. **Section 108.**

Protection Against Falling

(1) An **employer shall** ensure that workers use a fall protection system at a work site if:

(a) a worker could fall 3 m or more; or

(b) there is a risk of injury if a worker falls less than 3 m.

(2) An **employer shall** ensure that workers at a permanent work site are protected from falling by a guardrail or similar barrier if a worker could fall a vertical distance of between 1.2 m and 3 m.

(3) Despite subsection (2), if the use of a guardrail or similar barrier is not reasonably possible, an **employer shall** ensure that the worker uses a travel restraint system.

(4) Despite subsection (3), if the use of a travel restraint system by a worker is not reasonably possible, an **employer shall** ensure that the worker is protected from falling by the use of a safety net, control zone or other equally effective safeguards.

(5) Subsection (1) does not apply to competent workers who are engaged in:

(a) installing or attaching a fall protection system to the anchor point;

(b) removing or disassembling the associated parts of a fall protection system when it is no longer **required**; or

(c) activities within the normal course of business on a permanent loading dock that does not exceed 1.2 m in height. **Section 119 (1) to (4).**

For more information:

- Lanyards. **Section 107.**
- Fall Protection Plan. **Section 120 (1) to (4).**
- Control Zone. **Section 121 (1) to (3).**
- Anchor Points and Anchor Plates. **Section 122 (1) to (5).**

Further details on the Occupational Health and Safety Regulations can be found at Canlii.Org.

NUNAVUT

In Nunavut, **employers must** address fall protection under the **Occupational Health and Safety Regulations, Sections 104 to 108, and 119 to 122**. **Employers** are responsible for ensuring that fall protection systems—such as guardrails, travel restraints, or fall arrest systems—are in place and meet specific standards when workers are exposed to fall risks of 3 m or more, or to any hazardous surfaces. A written fall protection plan is **required**, detailing equipment, rescue procedures, and training. Anchor points **must** meet minimum load capacities, and all components like harnesses, lanyards, and snap hooks **must** be approved, maintained, and used as specified.

Personal Fall Arrest System

(1) An **employer shall** ensure that a personal fall arrest system and connecting linkage **required** by these regulations are each approved and maintained.

(2) An **employer shall** ensure that a personal fall arrest system is **required** by these regulations:

(a) prevents a worker from falling more than 1.2 m without a shock absorber;

(b) if a shock absorber is used, prevents a worker from falling more than 2 m or the limit specified by the manufacturer's specifications, whichever is less;

(c) applies a peak fall arrest force not exceeding 8 kN to a worker; and

(d) is fastened to a lifeline or to a secure anchor point that has a breaking strength of not less than 22.2 kN.

Section 104

Full Body Harness

If a full body harness is **required** by these regulations, an **employer shall** ensure that:

- (a) the full body harness and connecting linkage are each approved and maintained;
- (b) the full body harness is properly fitted to the worker;
- (c) the worker is trained in the safe use of the full body harness;
- (d) all metal parts of the full body harness and connecting linkage are of drop-forged steel 22 kN proof tested;
- (e) a protective thimble is used to protect ropes or straps from chafing whenever a rope or strap is connected to an eye or a D-ring used in the full body harness or connecting linkage; and
- (f) the connecting linkage is attached to a personal fall arrest system, lifeline or secure anchor point to prevent the worker from falling more than 1.2 m. **Section 105**

Snap Hooks on Personal Fall Arrest System

If a snap hook is used as an integral component of a personal fall arrest system, connecting linkage, full body harness or lifeline, an **employer shall** ensure that the snap hook is self-locking and is approved and maintained. **Section 106.**

Workers' Responsibilities

(1) Before using a lifeline or lanyard, a worker **shall** ensure that the lifeline or lanyard is:

- (a) free of imperfections, knots and splices, other than

end terminations;

(b) protected by padding where the lifeline or lanyard passes over sharp edges; and

(c) protected from heat, flame or abrasive or corrosive materials during use.

(2) Before using a vertical lifeline, a worker **shall** ensure that:

(a) the lower end extends to the ground or to a safe landing; and

(b) the lifeline is protected at the lower end to ensure that the line cannot be fouled by any equipment. **Section 108.**

Protection Against Falling

(1) An **employer shall** ensure that workers use a fall protection system at a work site if:

(a) a worker could fall 3 m or more; or

(b) there is a risk of injury if a worker falls less than 3 m.

(2) An **employer shall** ensure that workers at a permanent work site are protected from falling by a guardrail or similar barrier if a worker could fall a vertical distance of between 1.2 m and 3 m.

(3) Despite subsection (2), if the use of a guardrail or similar barrier is not reasonably possible, an **employer shall** ensure that the worker uses a travel restraint system.

(4) Despite subsection (3), if the use of a travel restraint system by a worker is not reasonably possible, an **employer shall** ensure that the worker is protected from falling by the use of a safety net, control zone or other equally effective

safeguards.

(5) Subsection (1) does not apply to competent workers who are engaged in:

- (a) installing or attaching a fall protection system to the anchor point;
- (b) removing or disassembling the associated parts of a fall protection system when it is no longer **required**; or
- (c) activities within the normal course of business on a permanent loading dock that does not exceed 1.2 m in height. **Section 119 (1) to (4).**

For more information:

- Lanyards. **Section 107.**
- Fall Protection Plan. **Section 120 (1) to (4).**
- Control Zone. **Section 121 (1) to (3).**
- Anchor Points and Anchor Plates. **Section 122 (1) to (5).**

Further details on the Occupational Health and Safety Regulations can be found at Canlii.Org.

ONTARIO

In Ontario, **employers must** ensure fall protection under **Regulation 213/91: Construction Projects, Sections 26.1 to 26.9**. Workers **must** be protected by a guardrail system or, if not practicable, the highest-ranked alternative such as travel restraint, fall restricting or fall arrest systems, or a safety net. All components **must** meet applicable CSA standards and be inspected before use. **Employers must** develop rescue procedures, ensure workers are trained—including Working at Heights training—and provide written records.

(1) A worker **shall** be adequately protected by a guardrail

system that meets the requirements of subsections 26.3 (2) to (8).

(2) Despite subsection (1), if it is not practicable to install a guardrail system as that subsection requires, a worker **shall** be adequately protected by the highest ranked method that is practicable from the following ranking of fall protection methods:

1. A travel restraint system that meets the requirements of section 26.4.
2. A fall restricting system that meets the requirements of section 26.5.
3. A fall arrest system, other than a fall restricting system designed for use in wood pole climbing, that meets the requirements of section 26.6.
4. A safety net that meets the requirements of section 26.8.

(3) The components of any system listed in subsection (2) **shall** be designed by an engineer in accordance with good engineering practice, and **shall** meet the requirements of any of the following National Standards of Canada standards that are applicable:

1. CAN/CSA-Z259.1-05: Body Belts and Saddles for Work Positioning and Travel Restraint.
- 2 CAN/CSA-Z259.2.5-12: Fall Arresters and Vertical Lifelines.
- 3 CAN/CSA-Z259.2.2-98 (R2004): Self-Retracting Devices for Personal Fall-Arrest Systems.
- 4 CAN/CSA-Z259.2.3-99 (R2004): Descent Control Devices.
- 5 CAN/CSA-Z259.10-06: Full Body Harnesses.
- 6 CAN/CSA-Z259.11-05: Energy Absorbers and Lanyards.
- 7 CAN/CSA-Z259.12-01 (R2006): Connecting Components for

Personal Fall Arrest Systems (PFAS).

8 CAN/CSA-Z259.14-01 (R2007): Fall Restrict Equipment for Wood Pole Climbing.

(4) Before any use of a fall arrest system or a safety net by a worker at a project, the worker's **employer shall** develop written procedures for rescuing the worker after his or her fall has been arrested. **Section 26.1 (1) to (4).**

(1) An **employer shall** ensure that a worker who may use a fall protection system is adequately trained in its use and given adequate oral and written instructions by a competent person.

(1.1) In addition to the requirements of subsection (1), an **employer shall** ensure that a worker who may use a fall protection system meets the working at heights training requirements of Ontario Regulation 297/13 (Occupational Health and Safety Awareness and Training).

(2) The **employer shall** ensure that the person who provides the training and instruction referred to in subsection (1) prepares a written training and instruction record for each worker and signs the record.

(3) The training and instruction record **shall** include the worker's name and the dates on which training and instruction took place.

(4) The **employer shall** make the training and instruction record for each worker available to an inspector on request. **Section 26.2 (1) to (4).**

For more information:

- When To Use a Guardrail System. **Section 26.3 (1) to (8).**
- Elements Of Travel Restraint System. **Section 26.4 (1) to (4).**
- Wood Pole Climbing Fall Restraint System. **Section 26.5.**

- Elements Of Fall Arrest System. **Section 26.6 (1) to (9).**
- Conditions When Use a Permanent Anchor System. **Section 26.7.**
- Safety Net Design, Test and Installation Criteria. **Section 26.8.**
- The Requirements Applicable to Use of Lanyard or Lifeline as Part of Fall Arrest System. **Section 26.9.**

Further details on the Reg. 213/91: CONSTRUCTION PROJECTS can be found at [Ontario.Ca/Laws](https://www.ontario.ca/laws).

PRINCE EDWARD ISLAND

In Prince Edward Island, **employers must** ensure fall protection under the **Occupational Health and Safety Act Fall Protection Regulations, Sections 2–3**. **Employers are required** to provide a fall arrest system, guardrail, personnel safety net, temporary flooring, or an equivalent method when a worker may fall 3 m or more, or into a hazardous area. Workers **must** wear the provided system while exposed to fall risks. Fall arrest systems **must** meet CSA standards and include secure anchorage, full-body harnesses, compliant lifelines, and shock absorption. **Employers must** inspect systems before each shift, ensure defective components are removed, and maintain a written fall protection and rescue plan.

Part 2 – General Requirements

Employer Required to Provide Means of Fall Protection

(1) Where a worker is exposed to the hazard of falling from a work area that is:

- (a) 3 m or more above the nearest safe surface or water;
 - (b) above a surface or thing that could cause injury to the worker if the worker were to fall on the surface or thing;
- or

- (c) above an open tank, pit or vat containing hazardous material, the **employer** of the worker **shall** ensure that
- (d) the worker is provided with a fall arrest system that meets the requirements of section 3;
- (e) a guardrail that meets the requirements of section 4 is constructed or installed at the work area;
- (f) a personnel safety net that meets the requirements of section 6 is installed at the work area;
- (g) temporary flooring that meets the requirements of section 9 is constructed or installed at the work area; or
- (h) the worker is provided with another means of fall protection that provides a level of safety equal to or greater than a fall arrest system that meets the requirements of section 3.

Worker to Wear Fall Arrest System or Other Means of Fall Protection

(2) Where, in accordance with subsection (1), an **employer** provides a worker with a fall arrest system, or with another means of fall protection that includes a harness or other item that is designed to be worn by the worker using it, the worker **shall** wear the fall arrest system or means of fall protection while the worker is in the work area.

Exception

(3) Where a worker is entering or exiting a work area by a safe means of access and egress, subsections (1) and (2) do not apply to the worker or the **employer** of the worker. **Section 2 (1) to (3).**

Required Training in Use of a Means of Fall Protection

(1) Where, in accordance with subsection 2(1) or (4), an

employer of a worker provides the worker with a means of fall protection for use at a work area, the **employer shall** ensure the worker is trained in the use of the means of fall protection by a competent person and that the training includes:

(a) training in the use, care, and inspection of the means of fall protection; and

(b) a review of the provisions of these regulations that apply to the means of fall protection. **Section 2.1.**

Fall Arrest Systems

(1) A fall arrest system that is provided, in accordance with subsection 2(1), to a worker at a work area as a means of fall protection **shall:**

(a) be adequately secured to

(i) an anchor point, or

(ii) a lifeline that is

(A) securely fastened to an anchor point, or

(B) attached to a static line that is securely fastened to an anchor point that is capable of withstanding either the maximum load likely to be imposed on the anchor point or a load of 17.8 kN, whichever is greater;

(b) include a lanyard

(i) that is attached to an anchor point or lifeline, where practicable, above the shoulder of the worker, and

(ii) that complies with CSA Standard Z259.11-17 Personal Energy Absorbers and Lanyards;

(c) prevent a free fall greater than 1.22 m where

(i) the fall arrest system is not equipped with a shock absorption system that complies with CSA Standard Z259.11-17 Personal Energy Absorbers and Lanyards and that reduces the shock level of any fall to less than 4 kN, or

(ii) the combined free fall and shock absorbed deceleration distance exceeds the distance between the work area and a safe surface; and

(d) include a full body harness that

(i) is attached to a lanyard,

(ii) is adjusted to fit the user of the harness, and

(iii) complies with CSA Standard Z259.10-18, Full Body Harness. **Section 3 (1) to (iii).**

For more information:

- Lifelines – requirements. **Section 3 (2).**
- Lifelines – restrictions. **Section 3 (3).**
- Ropegrabs. **Section 3 (4).**
- Self-retracting device. **Section 3 (4.1).**
- Connecting components. **Section 3 (4.2).**
- Inspection. **Section 3 (5).**
- Employer to be advised of defective components. **Section 3 (6).**
- Removal from service where defective. **Section 3 (7).**
- Removal from service after arresting fall. **Section 3 (8).**
- Static lines. **Section 3 (9).**
- Fall protection plan. **Section 3 (11).**

Further details on the Occupational Health and Safety Act Fall Protection Regulations can be found at Princeedwardisland.Ca.

QUÉBEC

In Québec, **employers** are **required** to provide fall protection under the **Regulation Respecting Occupational Health and Safety, Sections 33.1 to 33.3**. Workers **must** be protected when at risk of falling more than 3 m or into hazardous areas, including liquids, machinery, or from a height of 1.5 m in confined spaces. **Employers must** implement safety measures such as changing work positions, installing guardrails, using safety nets, or equipping workers with safety harnesses connected to anchorage systems.

Cases where workers **must** be protected: Workers **shall** be protected against falls in the following cases:

(1) if they are at risk of falling more than 3 m unless they are only using a means of access or exit;

(2) if they are at risk of falling:

(a) into a liquid or dangerous substance;

(b) on a moving component;

(c) on equipment or material that constitute a danger;

(d) from a height of 1,5 m or more in a well, a basin, a tank, a reservoir, a vat, a container for the storing or mixing of substances, or where the workers are handling a load. **Section 33.1.**

Safety measures: Where workers **must** be protected in accordance with section 33.1 and subject to section 33.3, one or several of the following measures **shall** be taken by the **employer** to ensure the safety of workers:

(1) change the work position of workers so that they can work on the ground or on another surface from which they are not at risk of falling;

(2) install guardrails or a system which, by limiting the movements of workers, prevent them from being at risk of falling;

(3) use common protective devices and equipment, such as a safety net in accordance with section 354;

(4) ensure that workers wear safety harnesses secured to an anchorage system by a fall arrest connecting device, in accordance with section 347 when they are working. When workers cannot position themselves without the help of their fall arrest connecting device, ensure that they also use a means of positioning, such as a plank on brackets, a positioning tether or strap, a suspension cable or a platform;

(5) use another means that ensures equivalent safety for workers. **Section 33.2 (1) to (5).**

Installation of Guardrails: Guardrails **must** be placed on open sides of a roof or around any area from which workers may fall:

(1) into a liquid or dangerous substance;

(2) a height of 1,5 m or more in a well, a basin, a tank, a reservoir, a vat, a container for the storing or mixing of substances, or where the workers are handling a load; or

(3) a height greater than 3 m in other cases.

Despite the foregoing, the guardrail may be removed during the time of the work if it prevents the carrying out of a task that could not be reasonably performed otherwise. In such a case, workers **must** wear a safety harness secured to an anchorage system by a fall arrest connecting device, in accordance with section 347. The work area **must** then be delimited in particular by a continuous barrier or trestles of a minimum height of 0,7 m, located at a distance varying

between 0,9 m and 1,2 m from the place where workers are at risk of falling, or by a warning line complying with the requirements of section 354.1, so as to prevent access thereto by persons not working therein. **Section 33.3 (1) to (3).**

Further details on the Regulation respecting occupational health and safety can be found at Legisquebec.Gouv.Qc.Ca.

SASKATCHEWAN

In Saskatchewan, **employers must** follow **OHS Regulations Part 9, Sections 9-2 to 9-4** to protect workers from falls. Fall protection is **required** if workers may fall 3 metres or more, or less if injury is possible. **Employers must** use guardrails where feasible, or fall restraint, fall arrest, safety nets, or control zones when not. A written fall protection plan is **required** when guardrails aren't in place and **must** outline hazards, system use, and rescue procedures. Control zones **must** be clearly marked, and workers near unguarded edges **must** use a restraint or equivalent system.

Part 9 – Safeguards, Storage, Warning Signs, and Signals

Protection Against Falling

(2) An **employer** or contractor **shall** ensure that workers use a fall protection system at a temporary or permanent work area if:

- (a) a worker may fall 3 metres or more; or
- (b) there is a possibility of injury if a worker falls less than 3 metres.

(3) An **employer** or contractor **shall** ensure that a worker at a permanent work area is protected from falling by a guardrail or similar barrier if the worker may fall a vertical distance of more than 1.2 metres and less than 3 metres.

(4) Notwithstanding subsection (3), if the use of a guardrail or similar barrier is not reasonably practicable, an **employer** or contractor **shall** ensure that a worker uses a travel restraint system.

(5) Notwithstanding subsection (4), if the use of a travel restraint system is not reasonably practicable, an **employer** or contractor **shall** ensure that a safety net or control zone or other equally effective means that protects the worker from falling is used.

(6) Subsection (2) does not apply to competent workers who are engaged in:

- (a) connecting the structural members of a skeletal steel structure or a pre-cast structure;

- (b) connecting the support structure of a scaffold;

- (c) stabilizing or securing the load on a truck or trailer;

- (d) installing or attaching a fall protection system to the anchor point;

- (e) removing or disassembling the associated parts of a fall protection system when it is no longer **required**; or

- (f) activities within the normal course of business on a permanent loading dock that is not greater than 1.2 metres in height. **Section 9-2 (2) to (6).**

Fall Protection Plan

(1) An **employer** or contractor **shall** develop a written fall protection plan if:

- (a) a worker may fall 3 metres or more; and

- (b) workers are not protected by a guardrail or similar barrier.

(2) The fall protection plan **required** by subsection (1) **must** describe:

- (a) the fall hazards at the worksite;
- (b) the fall protection system to be used at the worksite;
- (c) the procedures used to assemble, maintain, inspect, use and disassemble the fall protection system; and
- (d) the rescue procedures to be used if a worker falls, is suspended by a personal fall arrest system or safety net and needs to be rescued.

(3) The **employer** or contractor **shall** ensure that a copy of the fall protection plan is readily available before work begins at a worksite if a risk of falling exists.

(4) The **employer** or contractor **shall** ensure that a worker is trained in the fall protection plan and the safe use of the fall protection system before allowing the worker to work in an area where a fall protection system **must** be used. **Section 9-3 (1) to (4).**

Control Zone

(1) An **employer** or contractor **shall** ensure that a control zone:

- (a) is only used if a worker can fall from a level surface in a work area; and
- (b) is not less than 2 metres wide when measured from the unguarded edge.

(2) When crossing a control zone mentioned in subsection (1), a worker:

- (a) subject to subsection (4), is not **required** to use a fall protection system, other than the control zone, to enter or leave the work area; and

(b) **shall** follow the most direct route to get to or from the unguarded edge.

(3) An **employer** or contractor **shall** ensure that a control zone is clearly marked with an effective raised warning line or other equally effective method if a worker is working more than 2 metres from an unguarded edge.

(4) An **employer** or contractor **shall** ensure that a worker who has to work within a control zone uses:

(a) a travel restraint system; or

(b) a means that is as equally effective as a travel restraint system and that prevents the worker from getting to the unguarded edge. **Section 9-4 (1) to (4).**

Further details on the Occupational Health and Safety Regulations can be found at Saskatchewan.Ca.

YUKON

In Yukon, **employers must** follow **OHS Regulations Part 1, Sections 1.37 to 1.39** to ensure fall protection. When guardrails or nets aren't practical, **employers must** provide and enforce the use of appropriate fall arrest systems if a worker may fall 3 m or more, or less if there's an unusual injury risk. Fall protection is also **required** in areas like pits, slippery or steep roofs, scaffolds, or utility structures. A written fall protection plan is needed for work at heights of 7.5 m or more, outlining hazards, systems, procedures, and rescue methods.

Provision and use

Where it is not practical to protect a worker by guards, guardrails, safety nets or other devices, the worker **shall** be provided with and **required** to use the appropriate fall arrest protection.

Where Required:

- (a) when working at a place from which a fall of
 - 1. i. 3 m (10 ft.) or more may occur, or
 - 2. less than 3 m (10 ft.), if it involves an unusual risk of injury,
- (b) where there is a possibility of falling into a pit, shaft, machinery, water or bulk material that could shift,
- (c) when climbing or descending from utility poles, communication and transmission towers or single point suspension equipment,
- (d) when working on a swing stage or thrust out scaffold, elevating work platform or basket or suspended platform or cage,
- (e) when barring or scaling loose material from a wall in an open pit or an earth work, or
- (f) when working on a roof
 - 1. i. having a slope of 2 vertical to 3 horizontal or steeper, or
 - 2. where the surface is slippery **Section 1.37.**

Fall Protection Program

Where work is performed at a location not protected by permanent guardrails and from which a fall of 7.5 m (25 ft.) or more may occur, a written fall protection plan **shall** be in place and communicated to workers with adequate consideration and description of:

- (a) falling hazards expected,
- (b) fall protection system or systems to be used,
- (c) the procedure to assemble, maintain, inspect, use and

disassemble the fall protection system or systems, and

(d) methods to rescue a fallen worker or one who is suspended by a personal fall protection system or safety net and is unable to effect self rescue. **Section 1.38.**

Components

A worker **shall:**

(a) when using a personal protection system for fall arrest, wear a full body harness or other such acceptable harness or device which meets the requirements of CSA Standard Z259.10-M90, Full Body Harness or other similar standard acceptable to the board,

(b) when using a personal protection system for fall arrest, wear an energy absorbing system which meets the requirements of CSA Standard Z259.11-05, Energy Absorbers and Lanyards or other similar standard acceptable to the board, and

(c) when using a personal protection system for fall restraint, wear a safety belt, a full body harness, or other such acceptable harness or device and lanyard which meets CSA Standard Z259.1-95, Safety Belts and Lanyards, or other similar standard acceptable to the board. **Section 1.39.**

Further details on the Occupational Health and Safety Regulations can be found at [Wcb.Yk.Ca](http://wcb.yk.ca).