

Fall Protection Policy (Alberta Version)



Vertical falls are a leading cause of workplace injuries, not to mention stop work orders and other OHS penalties. OHS laws require employers to take extensive measures to assess and control fall hazards at their work sites. Here's a Fall Protection Policy template that's based on OHS requirements in Alberta.

1. PURPOSE

The purpose of this Policy is to lay out general principles to prevent vertical fall injuries at ABC Company workplaces and ensure compliance with all applicable laws, including but not limited to Part 9 of the Alberta *Occupational Health and Safety Code* (OHS Code). **Note:** This Policy does not and is not intended to in any way replace or substitute for a written Fall Protection Plan outlining specific safe work procedures to be followed at a particular site which may be required under Section 140(1) of the OHS Code where workers are at risk of falling 3 metres or more and are not protected by guardrails. To the extent a Fall Protection Plan is required, it will be developed and implemented based on the specific fall hazards at the site and the fall protection methods in place to manage them.

2. SCOPE

This Policy applies to all workers who perform work at ABC Company workplaces, including workers employed by ABC Company,

its Prime Contractors, contractors, and subcontractors, as well as to visitors to sites who are exposed to the fall hazards this Policy addresses. **Exception:** Rescue personnel involved in training or providing emergency rescue services may use equipment and practices other than the ones specified in this Policy. Note: This Policy addresses **vertical** fall hazards. Control of horizontal/same-level hazards that cause slips, trips and falls is addressed in ABC Company's Housekeeping, Maintenance, and other OHS policies.

3. DEFINITIONS

For purposes of this Policy:

"anchor" means an engineered component for coupling a fall arrest or travel restraint system to an anchorage;

"ANSI" means the American National Standards Institute;

"ASSE" means the American Society of Safety Engineers;

"approved to" when used in reference to a product means that the product bears the approval or certification mark of a nationally accredited third-party testing organization, certifying that the product complies with the referenced standard;

"body belt" means a body support consisting of a strap with a means for securing it about the waist and attaching it to other components;

"carabiner" means a connecting component that:

- Generally consists of a trapezoid or oval body with a self-locking gate that requires at least 2 consecutive, deliberate actions to open to permit the body to receive an object and that, when released, automatically closes and locks to prevent unintentional opening, AND
- Has an ultimate tensile strength of at least 22.2 kilonewtons

“CEN” means the European Committee for Standardization;

“climbable structure” means an engineered or architecture work for which the primary method of access is climbing with the principle means of support being the climber’s hands and feet;

“competent” when used to refer to a person, means the person is adequately qualified, suitably trained, and sufficiently experienced to safely perform work without supervision or a minimal degree of supervision;

“control zone” means the area within 2 metres of an unguarded edge of a level, elevated work surface with a slope of more than 4 degrees;

“CSA” means the Canadian Standards Association;

“fall arresting device” means a part of a worker’s PPE that stops the worker’s fall and doesn’t allow the worker to fall further;

“fall protection system” means any of the following:

- A personal fall arrest system
- A travel restraint system
- Fabric or netting panels intended for leading edge protection
- A safety net
- A control zone
- Use of safety procedures instead of fall protection equipment;

“fall restrict equipment” means a component of a fall restrict system that, when combined with other subcomponents and elements, allows the climber of a wood pole to remain at the climber’s work position with both hands free, and that performs a limited fall arrest function when the climber loses contact between the climber’s spurs and the pole;

“fall restrict system” means a combination of work positioning

system and fall restrict equipment;

“free fall distance” means the vertical distance between the point from which a worker falls to the point at which deceleration of the fall begins because of the action of a personal fall arrest system;

“full body harness” means a body support consisting of connected straps designed to distribute force over at least the thighs, shoulders and pelvis, and which can be attached to a lanyard, lifeline or connecting component;

“horizontal lifeline system” means a system composed of a synthetic or wire rope, secured horizontally between 2 or more anchor points, to which a worker attaches a personal fall arrest system or travel restraint system;

“lanyard” means a flexible line of webbing or synthetic or wire rope used to secure a full body harness or safety belt to a lifeline or anchor point;

“leading edge” means the edge of a floor, roof or formwork for a floor or other walking/working surface that changes location as additional floor, roof, decking or formwork sections are placed, formed or constructed;

“lifeline” means a synthetic or wire rope, rigged from one or more anchor points to which a worker’s lanyard or other part of a personal fall arrest system is attached;

“NFPA” means the National Fire Protection Association;

“personal fall arrest system” means PPE that will stop a worker’s fall before the worker hits a surface below the worker;

“PPE” means personal protective equipment;

“reasonably practicable” means a standard used to determine whether a specific safety measure is appropriate and viable

for use to control fall hazards at a particular workplace that involves determining:

- “Reasonableness,” an evaluation that weighs factors such as degree of risk to workers, nature of the hazard, length and frequency of exposure, number of workers exposed, and severity of consequences the hazard can result in; and
- “Practicability,” an evaluation of whether a particular method of controlling fall hazards is technologically feasible, affordable, cost-effective for the particular hazard, suited to the circumstances of the workplace, or otherwise viable.

To be deemed not “reasonably practicable,” a fall control measure must be more than simply inconvenient or costly but impossible to adopt or possible to implement only by investing time, energy, money, and other resources that are disproportionate to the safety benefits the measure would provide

“shock absorber” means a device to reduce the force exerted on a worker when a personal fall arrest system is operating;

“total fall distance” means the vertical distance from the point at which a worker falls to the point where the fall stops after all personal fall arrest system components have extended;

“travel restraint system” means a type of fall protection system, including guardrails or similar barriers, that keeps the worker from travelling to the edge of a structure or to a work position from which the worker could fall;

“unusual possibility of injury” for purposes of determining the need for fall protection systems will be considered to exist where the injury may be worse than an injury from landing on a solid, flat surface, such as where workers are working over rapidly moving water, operating machinery or

extremely hot surfaces;

“work positioning system” means a system of PPE components attached to a vertical safety line and includes a full body harness, descent controllers and positioning lanyards used to support or suspend a worker in tension at a work position.

4. WHEN FALL PROTECTION SYSTEMS ARE REQUIRED

ABC Company and a supervisor must ensure that a worker is protected from falling by a fall protection system if the worker is at risk of falling:

- A vertical distance of 3 metres or more at a temporary or permanent work area;
- At a temporary or permanent work area, a vertical distance of less than 3 metres where there's an unusual possibility of injury;
- At a temporary or permanent work area, into or onto a hazardous substance or object, or through an opening in a work surface; or
- At a permanent work area, a vertical distance of more than 1.2 metres and less than 3 metres.

5. IDENTIFICATION & ASSESSMENT OF FALL HAZARDS

ABC Company will designate a competent person to perform an assessment of the work area to identify fall hazards for which fall protection systems are required in accordance with the criteria listed in Section 4 above. The fall protection hazard assessment must be reviewed at least once a year and immediately, as necessary, in response to:

- Fall injuries, incidents or near-misses;
- The introduction of new work processes not addressed in the previous hazard assessment;
- Significant changes to the work processes, equipment, structures or operations at the work site to the extent these changes weren't addressed in the most recent

hazard assessment; and

- Other indications suggesting that the hazard assessment may not be suited to the current conditions of the work site.

6. SELECTION OF FALL PROTECTION SYSTEMS TO CONTROL IDENTIFIED FALL HAZARDS

Where it's determined that the fall hazards listed in Section 4 exist, ABC Company and a supervisor will select an appropriate fall protection system based on the following order of preference:

6.1 First Choice: Guardrails

If reasonably practicable, ABC Company will install a guardrail that: (a) Has a horizontal top member installed between 920 millimetres (mm) and 1070 mm above the base of the guardrail; (b) Has a horizontal, intermediate member spaced mid-way between the top member and base; (c) Has vertical members at both ends of the horizontal members with intermediate vertical supports that are no more than 3 metres apart at their centres; and (d) Is constructed of lumber that's 38 mm by 89 mm or of material with properties the same as or better than those of lumber; and (e) Is secured so that it can't move in any direction if it's struck or if any point on it comes into contact with a worker, materials or equipment.

6.2 Second Choice: Travel Restraint System

If use of a guardrail is not reasonably practicable, ABC Company and a supervisor will ensure that a worker uses a travel restraint system that meets the requirements of this Policy and Part 9 of the OHS Code.

6.3 Third Choice: Personal Fall Arrest System

If use of a travel restraint system is not reasonably

practicable, ABC Company and a supervisor will ensure that a worker uses a personal fall arrest system that meets the requirements of this Policy and Part 9 of the OHS Code.

6.4 Fourth Choice: Equally Effective Controls

If use of a personal fall arrest system is not reasonably practicable, ABC Company and a supervisor will ensure that a worker uses equally effective controls.

6.5 Use of Procedures in Place of Fall Protection

ABC Company may create and use procedures in place of fall protection equipment if it's not reasonably practicable to use one of the fall protection systems described in Part 9 of the OHS Code, provided that such use of procedures instead of fall protection is limited to: (i) the installation or removal of fall protection equipment; (ii) roof inspection; (iii) emergency repairs; (iv) at height transfers between equipment and structures if allowed by the manufacturer's specifications; and (v) situations in which a worker must work on top of a vehicle or load and the requirements of Section 155 of the OHS Code are met. When using procedures in place of fall protection equipment, ABC Company will ensure that:

- A hazard assessment meeting the requirements of Part 2 of the OHS Code is completed before work at height begins;
- The procedures required for performing the work are in writing and available to workers before the work begins;
- The work is carried out to minimize the number of workers exposed to a fall hazard while work is performed;
- The work is limited to light duty tasks of limited duration;
- The worker performing the work is competent to do it; and
- The procedures don't expose a worker to additional

hazards.

7. FALL PROTECTION PLAN

Where a worker may fall 3 metres or more and the worker is not protected by guardrails, ABC Company will develop a Fall Protection Plan for the site that specifies:

- The fall hazards at the work site;
- The fall protection system to be used at the work site;
- The anchors to be used during the work;
- That clearance distances below the work area, if any, have been confirmed as sufficient to keep a falling worker from hitting the ground or object or level below the work area;
- The procedures used to assemble, maintain, inspect, use and disassemble the fall protection system, where applicable; and
- 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.

ABC Company will ensure that the fall protection plan is available at the work site, reviewed with workers before work involving the risk of falling begins and updated any time conditions affecting fall protection change.

8. FALL PROTECTION TRAINING

Before allowing or requiring a worker to work in a work area where a fall protection system must be used, ABC Company will ensure that the worker is trained in the safe use of the fall protection system. Fall protection training will include:

- A review of current Alberta fall protection legislation;
- An explanation of what a fall protection plan is;
- The fall protection methods the worker must use at the work site;
- The identification of fall hazards;

- Assessment and selection of specific anchors that the worker may use;
- Instructions on the correct use of connecting hardware; including:
 - Maximum arresting force;
 - The purpose of shock and energy absorbers;
 - Swing fall; and
 - Free fall;
- Pre-use inspection of fall protection systems and equipment;
- Emergency response and rescue procedures to be used at the work site;
- An opportunity to practice inspecting, fitting, adjusting, and connecting fall protection systems and components; and
- An opportunity to practice emergency response and rescue procedures.

In addition to the above training, ABC Company will ensure that a worker is made aware of the fall hazards particular to that work site and the steps being taken to eliminate or control those hazards.

9. STANDARDS FOR FALL PROTECTION EQUIPMENT

Where used, ABC Company will ensure that the following fall protection systems and equipment meet all applicable standards governing the use of such systems and equipment.

9.1 Full Body Harnesses

Workers using a personal fall arrest system must wear and use a full body harness. Harnesses manufactured on or after March 31, 2023, must be approved to one of the following standards:

- CSA Z259.10-18, Full Body Harnesses;
- ANSI/ASSE Z359.1-2007, Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components; or
- CEN EN 361: 2007, Personal Protective Equipment against

Falls from a Height–Full Body Harnesses.

▪ **Body Belts**

Workers may use a body belt only as part of a travel restraint system or fall restrict system. Body belts manufactured on or after July 1, 2009 must be approved to one of the following standards:

- CSA Z259.1-05, Body Belts and Saddles for Work Positioning and Travel Restraint;
- ANSI/ASSE A10.32-2004, Fall Protection Systems–American National Standard for Construction and Demolition Operations; or
- CEN EN 358: 2000, Personal Protective Equipment for Work Positioning and Prevention of Falls from a Height–Belts for Work Positioning and Restraint and Work Positioning Lanyards.

▪ **Lanyards**

Lanyards used by workers must be made of wire rope or other appropriate material if a tool or corrosive agent that could sever, abrade, or burn the lanyard is used in the work area. If a worker works near an energized conductor or in a work area where a lanyard made of conductive material cannot be used safely, ABC Company will ensure that the worker uses another effective means of fall protection. Lanyards manufactured on or after March 31, 2023, must be approved to one of the following standards:

- CSA Z259.11-17, Energy Absorbers and Lanyards;
- ANSI/ASSE Z359.1-2007, Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components; or
- CEN EN 354: 2002, Personal Protective Equipment against Falls from a Height–Lanyards.

9.4. Shock Absorbers

Personal fall arrest systems must consist of a full body harness and lanyard equipped with a shock absorber or similar

device. **Exception:** Shock absorbers or similar devices are not required where a personal fall arresting system is used in accordance with Section 151 of the OHS Code. A shock absorber is required with a fixed ladder fall arrest system only if the system's manufacturer requires it. A shock absorber or shock absorbing lanyard used as part of a personal fall arrest system must be approved to one of the following standards if it was manufactured on or after March 31, 2023:

- CSA Z259.11-17, Energy Absorbers and Lanyards;
- ANSI/ASSE Z359.1-2007, Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components; or
- CEN EN 355: 2002, Personal Protective Equipment against Falls from a Height–Energy Absorbers.

9.5 Connectors, Carabiners & Snap Hooks

The connecting components of a fall arrest system consisting of carabiners, D-rings, O-rings, oval rings, self-locking connectors and snap hooks manufactured on or after March 31, 2023 must be approved to the following standards that apply to the particular item:

- CSA Z259.2.5-17, Fall Arresters and Vertical Lifelines;
- ANSI/ASSE Z359.1-2007, Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components;
- CEN EN 362: 2004, Personal Protective Equipment against Falls from a Height–Connectors; or
- CEN 12275: 1998, Mountaineering Equipment–Connectors–Safety Requirements and Test Methods.

A carabiner or snap hook must be: (a) self-closing and self-locking, (b) designed so that it may only be opened by at least 2 consecutive deliberate manual actions, and (c) marked with both its breaking strength in the major axis, and the manufacturer's name or trademark.

9.6 Fall Arresters

A fall arresters manufactured on or after March 31, 2023 must be approved to one of the following standards:

- CSA Z259.2.4-15, Fall Arresters and Vertical Rigid Rails;
- CSA Z259.2.5-17, Fall Arresters and Vertical Lifelines;
- ANSI/ASSE Z359.1-2007, Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components; or
- CEN EN 353-2: 2002, Personal Protective Equipment against Falls from a Height–Part 2: Guided Type Fall Arresters including a Flexible Anchor Line.

▪ **Self-Retracting Devices**

A self-retracting device manufactured on or after March 31, 2023 and that is used with a personal fall arrest system must be: (a) approved to CSA Z259.2.2-17, *Self-Retracting Devices*, (b) anchored above the worker's head, unless the manufacturer's instructions allow for use of a different anchor location, and (c) used in a manner that minimizes hazards of swinging and limits the swing drop distance to 1.2 metres in case a worker falls.

9.8 Descent Control Devices

An automatic or manual descent control device manufactured on or after July 1, 2009 and that's used with a personal fall arrest system must be approved to one of the following standards:

- CSA Z259.2.3-99 (R2004), Descent Control Devices;
- CEN EN 341: 1997, Personal Protective Equipment against Falls from a Height–Descender Devices; or
- NFPA Standard 1983, Standard on Life Safety Rope and Equipment for Emergency Services, 2006 Edition, Classified as General or Light Duty.

9.9 Life Safety Ropes

A life safety rope manufactured on or after March 31, 2023,

and that's used in a fall protection system must EITHER be approved to one of the following 3 standards:

- CSA Z259.2.4-15, Fall Arresters and Vertical Rigid Rails;
- CSA Z259.2.5-17, Fall Arresters and Vertical Lifelines; or
- CEN EN 1891:1998, Personal Protective Equipment for the Prevention of Falls from a Height – Low stretch kernmantle ropes, as Type A rope;

OR meet the requirements of one of the following 3 standards:

- CSA Z259.2.4-15, Fall Arresters and Vertical Rigid Rails;
- CSA Z259.2.5-17, Fall Arresters and Vertical Lifelines; or
- ANSI/ASSE Z359.1-2007, Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components.

A life safety rope used in a fall protection system must: (a) extend downward to within 1.2 metres of ground level or another safe lower surface; (b) be free of knots or splices throughout the travel portion except for a stopper knot at the lower end; (c) be effectively protected against abrasion by sharp or rough edges; (d) be made of material appropriate to the hazard and able to withstand adverse effects; and (e) be installed and used so as to minimize hazards of swinging and limit the swing drop distance to 1.2 metres in case a worker falls.

Workers must use a vertical life safety rope to minimize hazards of swinging and limit the swing drop distance to 1.2 metres in case a worker falls. Only one worker may be attached to a life safety rope at any one time unless the manufacturer's specifications or a professional engineer's certification specifically allows for attaching more than one worker at a time.

9.10 Adjustable Lanyards for Work Positioning

An adjustable lanyard manufactured on or after March 31, 2023 and used by a worker as part of a work positioning system must be approved to either:

- CSA Z259.11-17, Energy Absorbers and Lanyards; or
- CEN EN 358: 2000, Personal Protective Equipment against Falls for Work Positioning and Prevention of Falls from a Height—Belts for Work Position and Restraint and Work Positioning Lanyards.

9.11 Rope Adjustment Devices for Work Positioning

A rope adjustment device manufactured on or after July 1, 2009 and used by a worker as part of a work positioning system must be approved to one of the following standards:

- CSA Z259.2.3-99 (R2004), Descent Control Devices;
- CEN EN 341: 1997, Personal Protective Equipment against Falls from a Height—Descender Devices; or
- NFPA Standard 1983, Standard on Life Safety Rope and Equipment for Emergency Services, 2006 Edition, Classified as general or light duty.

9.12 Wood Pole Climbing Equipment

Any worker working on or from a wood pole must use both:

- Fall restrict equipment approved to CSA Z259.14-01, Fall Restrict Equipment for Wood Pole Climbing, AND EITHER:
 - A lineman's body belt that: (i) is approved to CSA Z259.3-M1978 (R2003) Lineman's Body Belt and Safety Strap, or (ii) complies with Section 9.2 of this Policy, OR
 - A full body harness that meets the requirements of Section 9.1 of this Policy above rope adjustment device manufactured on or after July 1, 2009 that is used by a worker as part of a work positioning

system meets one of the following standards:

Exception: The above requirements don't apply to fall restrict equipment or a lineman's body belt that was in use before April 30, 2004.

10. FALL PROTECTION SYSTEM CLEARANCE, ARRESTING FORCE & SWING

▪ Personal Fall Arrest System Design

ABC Company will ensure that a personal fall arrest system is arranged so that a worker can't hit the ground, an object which poses an unusual possibility of injury, or a level below the work area; (b) if it doesn't include a shock absorber, it limits a worker's free fall distance to 1.2 metres; and (c) limits the maximum arresting imposed on a worker to 6 kilonewtons (kN), unless the worker is using an E6 type shock absorber in accordance with the manufacturer's specifications, in which case the maximum arresting force must be no more than 8 kN.

▪ Obligations of Workers Using Personal Fall Arrest System

Workers using a personal fall arrest system must limit the distance of a vertical fall by selecting the shortest length lanyard that will still allow them to perform their duties unimpeded and securing the lanyard to an anchor no lower than shoulder-height. If the required shoulder-height anchor is not available, workers must secure the lanyard to an anchor that's located as high as reasonably practicable. If it's not reasonably practicable to attach an anchor at a level above the workers' feet, workers must ensure that the clearance and maximum arresting force requirements listed in Section 10.1 above are met.

11. USE, INSPECTION & MAINTENANCE OF FALL PROTECTION SYSTEM EQUIPMENT

11.1 Equipment Must Be Compatible

ABC Company will ensure that all components of any fall protection system it uses are compatible with each other and with the environment in which they are used.

▪ **Inspection & Maintenance**

Equipment used as part of a fall protection system must be: (a) inspected by the worker in accordance with the equipment's manufacturer before using it on each work shift; (b) kept free from substances and conditions that could contribute to the deterioration of the equipment and PPE; and (c) re-certified as specified by the equipment's manufacturer.

11.3 Removal from Service

Equipment used as part of a fall protection system must be removed from service and either returned to the manufacturer or destroyed if it's defective or comes into contact with excessive heat, a chemical, or any other substance that may corrode or damage the fall protection system. A personal fall arrest system must also be removed from service when it stops a fall and not restored to service unless and until a professional engineer or the manufacturer certifies that the system is safe to use.

11.4 Prusik & Similar Knots

A Prusik or similar sliding hitch knot may be used in place of a fall arrester only during emergency situations or training for emergency situations and only by a competent worker.

12. ANCHORS

Where used, ABC Company will ensure that anchors and anchorage systems meet the following requirements governing the design, use, construction and maintenance of such equipment and systems.

▪ **Permanent Anchors**

A permanent anchor must be capable of safely withstanding the impact forces applied to it and have a minimum breaking strength per attached worker of 16 kN or twice the maximum arresting force in any direction in which the load may be applied. **Exception:** The above requirements don't apply to: (a) anchors install before July 1, 2009; (b) anchors of flexible horizontal lifelines subject to Section 153(1) of the OHS Code; or (c) an anchor rated at two times the maximum arresting force is designed, installed, and used in accordance with either the manufacturer's specifications or specifications certified by a professional engineer.

▪ **Travel Restraint System Temporary Anchors**

A temporary anchor used in a travel restraint system must: (a) have a minimum breaking strength in any direction in which the load may be applied of at least 3.5 kN per worker attached; (b) be installed, used and removed according to the manufacturer's specifications or specifications certified by a professional engineer; (c) be permanently marked as being for travel restraint only; and (d) be removed from use on whichever of the following comes first: (i) the date on which the work project for which the anchor is intended is completed, or (ii) the time for removal specified by the manufacturer or a professional engineer.

▪ **Fall Arrest System Temporary Anchors**

A temporary anchor used in a fall arrest system must: (a) have a minimum breaking strength in any direction in which the load may be applied of at least 16 kN per worker or 2 times the maximum arresting force per worker attached; (b) be installed, used and removed according to the manufacturer's specifications or specifications certified by a professional engineer; and (c) be removed from use on whichever of the following comes first: (i) the date on which the work project for which the anchor is intended is completed, or (ii) the time for removal specified by the manufacturer or a

professional engineer.

12.4 Duties of Workers Using Anchors

A worker that uses a personal fall arrest system or travel restraint system must ensure that it's safely secured to an anchor that meets the requirements of this Policy. Workers may not use a damaged anchor until the anchor is repaired, replaced or re-certified by the manufacturer or professional engineer. Workers are also responsible for visually inspecting the anchor before attaching to a fall protection system and using an anchor connector that's appropriate for the work.

12.5 Anchors Must Be Independent

Anchors must be independent. An anchor to which a personal fall arrest system is attached may not be part of an anchor used to support or suspend a platform.

12.6 Wire Rope Sling as Anchor

A wire rope sling used as an anchor must be terminated at both ends with a Flemish eye splice rated to at least 90% of the wire rope's minimum breaking strength.

13. HORIZONTAL LIFELINE SYSTEMS

Where used, ABC Company will ensure that horizontal lifeline systems meet the following requirements.

▪ Flexible Horizontal Lifeline Systems

A flexible horizontal lifeline system manufactured on or after July 1, 2009 must meet the requirements of either:

- CSA Z259.13-04, Flexible Horizontal Lifeline Systems; or
- CSA Z259.16-04, Design of Active Fall Protection Systems.

▪ Rigid Horizontal Fall Protection Systems

A rigid horizontal fall protection system must be designed,

installed and used in accordance with either the manufacturer's specifications or specifications certified by a professional engineer.

13.3 Installation of Horizontal Lifeline Systems

Before a horizontal lifeline system is used, a professional engineer, the manufacturer of the system, or a competent person authorized by the manufacturer must certify that the system has been properly installed in accordance with the manufacturer's specifications or the specifications certified by a professional engineer.

14. FIXED LADDERS & CLIMBABLE STRUCTURES

A worker from or on a fixed ladder or climbable structure that was constructed and installed after March 31, 2023 that's 3 metres or more in height and who is not protected by a guardrail must be continuously protected from falling by EITHER: (i) equipping the fixed ladder or climbable structure with an integral fall protection system that meets the requirements of one of the following:

- CSA Z259.2.4-15, Fall Arresters and Vertical Rigid Rails;
- CSA Z259.2.5-17, Fall Arresters and Vertical Lifelines; or
- ANSI/ASSE Z359.1-2007, Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components;

15. FALL PROTECTION ON VEHICLES & LOADS

If a worker must climb onto a vehicle or its load at any location where it's not reasonably practicable to provide a fall protection system for the worker, ABC Company will ensure that:

- Steps are taken to eliminate the need for the worker to climb onto the vehicle or load;
- Workers don't climb onto a load unless and until the

- load is secured against movement;
- A hazard assessment meeting the requirements of Part 2 of the OHS Code is completed before the work begins;
- The procedures required for performing the work are in writing and available to workers before the work begins;
- The work is carried out to minimize the number of workers exposed to a fall hazard while work is performed;
- The work is limited to light duty tasks of limited duration;
- The worker performing the work is competent to do it; and
- The procedures don't expose a worker to additional hazards.

16. Boom-Supported Work Platforms & Aerial Devices

▪ Use of Personal Fall Arrest System on Platforms

A worker on a boom-supported elevating work platform, boom-supported aerial device or forklift truck work platform must use a personal fall arrest system that: (a) Is connected to either (i) an anchor specified by the manufacturer of the work platform, aerial device or forklift truck, or (ii) where no anchor is specified by the manufacturer, an anchor point certified by a professional engineer that meets the requirements of CSA Z259.16-04, *Design of Active Fall Protection Systems*; and (b) when connected to the anchor, the lanyard, if reasonably practicable, is short enough to prevent the worker from being ejected from the work platform or aerial device but long enough to allow the worker to perform the work.

▪ Fall Protection on Scissor Lifts

A worker on a scissor lift or elevating work platform with characteristics similar to a scissor lift must use a travel restraint system* consisting of a body harness and lanyard that: (a) is connected to an anchor specified by the

manufacturer of the scissor lift or elevating work platform, and (b) when connected to the anchor, the lanyard, if reasonably practicable, short enough to prevent the worker from falling out of the scissor lift or elevating work platform but long enough to allow the worker to perform the work. **Exception:** The requirement to use a travel restraint system when working on a scissor lift or elevated work platform doesn't apply if: (a) the manufacturer's specifications allow a worker to work from the scissor lift or elevating work platform with similar characteristics using only its guardrails for fall protection, and (b) the scissor lift or elevating work platform is operating on a surface that's firm and substantially level.

Note: * Where a travel restraint system can't adequately restrict a worker's movement in all directions, the worker must use a personal fall arrest system.

17. FALL PROTECTION FOR WORK OVER WATER

A worker must use an appropriate fall protection system in combination with a life jacket or personal flotation device if the worker either: may fall into water that exposes the worker to the risk of drowning or could drown from falling into the water, from a surface other than a boat.

18. LEADING EDGE FALL PROTECTION SYSTEM

ABC Company will ensure that a leading-edge fall protection system consisting of fabric or netting panels: (a) is used only to provide leading edge fall protection, and (b) is used and installed according to the manufacturer's specifications. Where such a system is used, ABC Company will ensure that a copy of the manufacturer's specifications for the system is available to workers at the site where it's being used, and that the fabric or netting is either drop-tested at the work site in accordance with the requirements of U.S. OSHA regulations, Safety and Health Regulations for Construction,

Fall Protection Systems Criteria and Practices, [29 CFR Section 1926.502\(C\)\(4\)\(i\)](#) or certified as safe to use by a professional engineer. All workers using a leading-edge fall protection system consisting of fabric or netting panels must be trained in the system's use and limitations.

19. WORK POSITIONING SYSTEM

If a worker uses a work positioning system, ABC Company will ensure that the system limits the free fall distance a worker can fall to 600 mm or less. If the centre of gravity of a worker using the system extends beyond an edge from which the worker could fall or the work surface presents a slipping or tripping hazards because of its state or condition, the worker must use a back-up personal fall arrest system in combination with the work positioning system.

20. CONTROL ZONE

20.1 Use of Control Zone

A control zone may be used only if a worker can fall from a surface with a slope of no more than 4 degrees toward an unguarded edge or that slopes inwardly away from an unguarded edge. A control zone must be no less than 2 metres wide when measured from the unguarded edge. ABC Company will not use a control zone to protect workers from falling from a skeletal structure that is a work area. ABC Company will ensure that a control zone is clearly marked with an effective raised warning line or another equally effective method if a worker is working within 2 metres of the control zone.

20.2 Rules for Workers

Workers who always remain further from the unguarded edge than the width of the control zone need not use any other fall protection. Workers are not required to use a fall protection system when crossing the control zone to enter or leave the work area. When crossing a control zone, workers must follow

the most direct route to get to or from the unguarded edge.

Worker required to work within a control zone must use either a travel restraint system or an equally effective means that prevents the worker from getting to the unguarded edge.

Individuals who are not directly required for the work at hand are not allowed inside a control zone.

21. APPLICATION TO PRIME CONTRACTORS, CONTRACTORS & SUBCONTRACTORS

ABC Company will ensure that any contractors and subcontractors it hires to perform work involving exposure to fall hazards at an ABC Company work site are: (a) notified of the fall hazards at the site, the dangers they pose and the fall protection systems, equipment and other controls used to protect workers; (b) made aware of the terms and requirements of this Policy and any Fall Protection Plan in effect for the work site; and (c) required to ensure that their own workers are made aware of and required to follow the terms of this Policy and Fall Protection Plan.

ABC Company will ensure that any prime contractors it hires to perform work involving exposure to fall hazards at an ABC Company work site are: (a) notified of the fall hazards at the site, the dangers they pose and the fall protection systems, equipment and other controls used to protect workers; (b) provided a copy of the fall hazard assessment carried out in accordance with Section 5 of this Policy and any Fall Protection Plan that is currently in effect for the work site; and (c) required to ensure that all of the fall protection measures required by this Policy and Fall Protection Plan are provided to workers engaged in the work who need fall protection by applying either this Policy and the Fall Protection Plan directly to workers involved in the work or an equivalent policy and fall protection program and equipment that provides at least the same amount of protection.

22. EVALUATION

ABC Company will review this Policy at least once a year and immediately, as necessary, in response to:

- Fall injuries, incidents, accidents, and/or near-misses in the work area covered by this Policy;
- Changes to equipment, machinery, tools, or work conditions that increase or have the potential to increase or alter fall hazards at the work site;
- The construction of significant additions or alterations to a work site that have the potential to increase existing fall hazards or create new ones; and

Any other indications suggesting that this Policy might be ineffective or not responsive to current work site conditions and fall hazards.