

# Guardrails Procedure

Safe

Work



Ensure the safe installation and inspection of guardrails at your workplace.

## Policy

Falls from heights or into openings are a leading cause of deaths and serious injuries at construction and other worksites. OHS laws require the use of fall protection where there's a risk of falling 3 meters/10 feet or more or a lesser distance where there's a reasonable chance of death or serious injury because of what the worker might fall on top of or into. Where such fall hazards exist, a competent person representing ABC Company will perform an assessment to determine the appropriate fall protection measures to take.

## Use of Guardrails

If reasonably practicable, the above fall protections will include the use of a guardrail system consisting of a top rail, intermediate rail and toeboard installed around or in front of an opening to prevent somebody from falling into it.

## Guardrails Installation

If guardrails are used, they must be installed at a location no more than 30 cm (11.8 inches) from an open edge by workers

using travel restraint protection and who are tied off to prevent falls.

## **Guardrail Specifications**

No work may begin unless and until they are inspected by a competent person who verifies that the:

- Materials the system is made of are appropriate and free of damage and defects;
- Support posts are securely anchored and no more than 2.4 meters/8 feet apart;
- Posts and rails are capable of withstanding a force of at least 900 Newtons (200 pounds) applied at any point;
- Top rail is 1 meter/3.3 feet above the platform;
- Mid-rail is halfway between the top rail and toeboard; and
- Toeboard is at least 10 mm (0.393 inches) in height and secured to the inner sides of the post.