

Working at Heights Fall Protection Plans



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Falls are common causes of injuries and deaths. Fall protection is usually required when working at 3+ metres and during certain activities.

Fall protection plans outline procedures to address fall hazards and must be specific to each workplace, site, and job.



BEFORE YOU START WORK, CONSIDER:

- The areas a worker could fall:
 - From a height of 3m or more
 - Into water, liquid, or a hazardous substance
 - Into operating equipment or an object
 - Through an opening in a work surface
- Can the work be done at ground level?
- Does work need to be delayed until safety features can be installed?
- Are workers trained to work at heights and to recognize and report fall hazards?
- What controls need to be in place to reduce the risk of falls?
- Is fall protection required, available, and in good condition? Are workers trained on its use?
- Will ladders, scaffolds, aerial devices, platforms, and other equipment be used? Have they been inspected and maintained? Are workers trained on their use?

SITE-SPECIFIC FALL PROTECTION PLANS INCLUDE:



- Site location (address, description, work areas, tasks)
- Site-specific fall hazards (maximum heights, roof slope, proximity to power lines, ground cover)
- Type of fall protection needed, including anchor points and clearance requirements
- Equipment Inspections and worker training
- Any other requirements to begin work (presence of first aid or rescue personnel, equipment, barricades, etc.)
- Rescue procedures
- Worker sign off



Proper rescue plans can be the difference between life and death.

Each plan is specific to the type of work and task, reviewed regularly, and accounts for response time from emergency services.

Always consult the legislation in your jurisdiction for the requirements when working at heights.