Working at Heights Policy
Health and Safety FCX-HS02 | Release 03/2018 | Version 1

POTENTIAL FATAL RISKS
Fall from Heights
Falling Objects

CRITICAL CONTROLS
- Fall Protection System
- Fixed Work Platform
- Mobile Work Platform
- Leading Edge/Open Hole Protection
- Scaffold
- Barriers and Segregation
- Integrity of Overhead Structures
- Securing Devices
- Work Area Management

OVERVIEW
Fall protection/prevention (personal fall arrest systems or guardrails) is required 100% of the time whenever persons are exposed to a fall hazard (including wall and floor openings) that could reasonably result in an injury, including:
- Any unguarded walking/working surface either horizontal or vertical that is 4ft (1.2m) above a lower level. If a ladder with a cage is used for access and work is not being performed from ladder, it is exempt.
- Work/Walking 4ft (1.2m) above potential hazards.
- Work from a ladder at any height, including levels below 4ft (1.2m) if a person’s center of gravity is near the ladder rail or requires them to lean backwards.
- Ensure proper equipment: shock absorbing lanyards (see diagram) or retractable lanyards.

TRAINING REQUIREMENTS
SFT_FCX1012C, Initial, Refresher, and Remedial as necessary

POLICY

Actions to Stay Safe
- Inspect fall protection equipment prior to using. Key items include:
  - Braid, webbing and stitching, fall/wear indicators
  - Condition of grommets, buckles and hardware, anchor points
- Have rescue plan and rescue capabilities available.
- Complete risk assessment prior to work (i.e. JSA).
- Use fall protection systems work inside guardrails and follow manufacturers’ requirements for mobile work platforms.
- Secure tools and material when working above ground level.
- Include areas above and below work area in workplace exams and inspections.
- Prior to creating openings in walls or walking/working surfaces, install appropriate temporary barriers.
- Flag lower levels, install fences and toe boards as necessary to guard against falling objects; Reference Flagging and Barricading, FCX-19.
- Permanently installed fall protection systems must be labeled to prevent being used as a lifting device.

Ladders
- Persons may climb a ladder that is 20ft (6.1m) or less w/o fall protection if ‘three points of contact’ are used.
- Tie off or secure ladders prior to use.
- Ladders must extend 3ft (1m) beyond the access point.
- Never use the top two steps of stepladders.
- Do not reach outside the plane of the ladder to prevent tipping.
- Use 4-to-1 principal for extension ladders.
- Hot work from a ladder is not permitted without a variance.

Fall Hazard (open hole/leading edge) Management
- When flooring or handrails are removed for work, or openings are created in walls or walking/working surfaces reference the Working at Heights Technical Supplement.
TECHNICAL SUPPLEMENT
WORKING AT HEIGHTS FCX-HS02 | FALL PREVENTION SYSTEMS | RELEASE 03/2018 | VERSION 1

<table>
<thead>
<tr>
<th>Component</th>
<th>Fall Restraint Specification</th>
<th>Positioning Device Specification</th>
<th>Fall Arrest Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harness</td>
<td>Full body</td>
<td>Full body</td>
<td>Full body harness</td>
</tr>
<tr>
<td>Anchorage</td>
<td>Support 1000lbs (454 kg)</td>
<td>Support 3000lbs (1361 kg)</td>
<td>Support 5000lbs (2268 kg)</td>
</tr>
<tr>
<td>Lanyard</td>
<td>Must be a fixed length</td>
<td>Must limit free fall to 2ft (0.6m) or less</td>
<td>Includes deceleration device</td>
</tr>
<tr>
<td>Limitation</td>
<td>Working surface at or less than 4:12 slope</td>
<td>Not acceptable for work on horizontal surfaces</td>
<td>Anchorage location should be above the walking level</td>
</tr>
</tbody>
</table>

FALL PROTECTION ANCHORAGE
- Designed, installed and tested under supervision of qualified person
- Independent of other anchorage points (platforms, hoists etc.)
Sites should establish regular inspection and preventative maintenance for permanently installed fall protection systems

LIFELINES
Vertical Lifeline: Minimum breaking strength 5000lbs (2268 kg)
Horizontal Lifelines:
- Follow manufacturer recommendations, or design, build and install under competent person.
- Safety Factor of two
- Tagged with maximum number of persons permitted on each end

GUARDRAIL REQUIREMENTS - temporary barriers must meet this criteria for fall prevention
- Install nets or other barriers to prevent falling objects when necessary, and able to withstand 150lbs (68 kg) of force
- 39-45in (99-115 cm) from the walking surface to the top of the rail; not deflect lower than 39in (99 cm)
- Able to withstand 200lbs (91 kg) of force in a downward/outward direction
- Midrail installed halfway between top rail and walking surface
- Vertical members every 8ft (2.6m) on center
- Intermediate vertical members every 19in (48 cm) on center when installed
- Toe boards a minimum of 4in (10 cm) nominal height, able to withstand 75lbs (34 kg) of force outward, and no more than ½in (0.64 cm) gap between surface and lower edge of toe board
- Stair rail systems must be 42in (107 cm) from the leading edge of the stair to the top of the rail
- Guardrails around ladderways: self-closing gate that slides or swings away from the hole and top rail/midrail that meets guardrail requirements (unless opening is offset)

Floor holes must be covered:
- Secured from accidental displacement
- Able to support at least 2x’s expected load (employees and material)
- Marked with “HOLE” or “COVER”
Every floor hole into which persons cannot accidentally walk (on account of fixed machinery, equipment, or walls) shall be protected by a cover that leaves no openings more than 1in (2.5 cm) wide.

Floor Opening: An opening 12 in (0.3m) or more in its least dimension, in any floor, platform, pavement, or yard, through which persons may fall.
Wall opening: a gap or open space in a wall, partition, vertical walking/working surface, or similar, at least 30 inches (76 cm) high and at least 18in (46 cm) wide, through which an employee can fall to a lower level
Hole: a gap or open space in a floor, roof, horizontal walking/working surface or similar surface that is at least 2in (5cm) in its least dimension

FIELD APPLICATION CONSIDERATIONS: Nature of environment (corrosive, weather, etc); Nature of work being performed (electrical, welding, etc); Accessibility for inspection and preventative maintenance

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