



SAFE WORK

S SPOT THE HAZARD
A ASSESS THE RISK
F FIND A SAFER WAY
E EVERYDAY

FALL PROTECTION VITAL

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A worker fell to his death from a ladder attached to the outside of a metal grain bin. Fall protection equipment was not used on the six-meter high ladder.

Falls from a height of even one meter can result in serious injury or death.

Manitoba Regulation 189/85, section 86 states that fixed ladders must have fall protection devices.

Fall protection systems are designed to prevent injury to anyone who may lose footing or grip on a fixed ladder. two systems of fall protection are:

- the worker equipped with a full-body safety harness and lanyard that is secured to a fixed or movable anchor on the ladder.
- a cage enclosing the ladder (see American National Standard "ANSIA14.3, Safety Requirements for Fixed Ladders."

In addition, rest platforms should be provided every five meters on fixed ladders without cages.

The illustrations in this bulletin depict two types of fall protection systems.

