

Work **Safe!** Bulletin

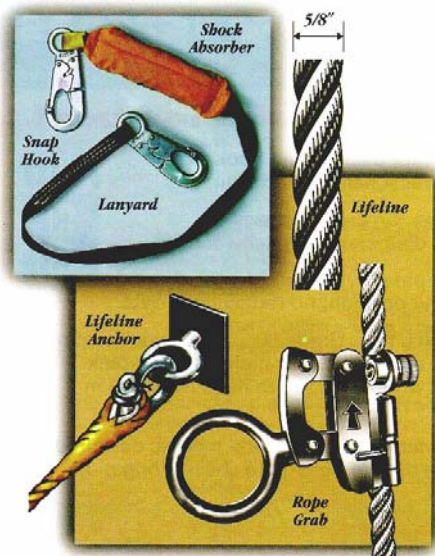
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FALL PROTECTION

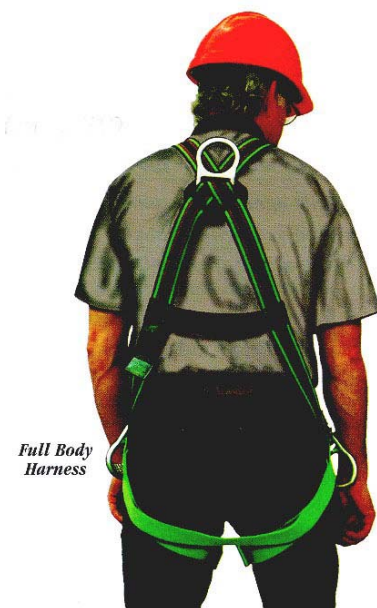
Two recent serious accidents in Manitoba involved the question of the use/misuse of fall protection in the construction industry. A worker was fatally injured when he fell approximately 80 feet at a Winnipeg construction site. A few days earlier another worker sustained multiple fractures and possible internal injuries after he slipped and fell from the 7th floor of a building under construction.

The Manitoba Construction Regulation 189/85 states that every worker who may be exposed to the danger of falling must be protected when working at heights greater than 2.5 metres (8 ft.). There are two basic fall protection systems, travel-restraint and fall-arrest. Where engineering controls such as guardrails are not reasonably practicable, personal fall protection systems may be the only alternative.

A typical fall protection system consists of the following components:



- ✓ Snap Hook (locking type)
- ✓ Shock Absorber
- ✓ Lanyard
- ✓ Rope Grab
- ✓ Lifeline
- ✓ Anchor Point



Illustrations from (Construction Safety Magazine Autumn 1998) pg. 12

It is up to the employer to determine if there is a risk of falls in their workplace and when such a determination is made workers must be protected. A travel-restraint system is intended to limit a worker's movement so the worker is unable to reach a location where there is a risk of falling. A fall-arrest system allows the person to be protected by falling only short distances and waiting rescue. Fall arrest equipment should be inspected before each use and must be regularly maintained. The fall protection plan must consider the experience of the worker, proper supervision, the training of workers and the safe access to and from the work area.

A complete explanation and illustrations of fall protection and fall-arrest systems can be found in the **Workplace Safety and Health Branch Fall Protection Guideline**. Other related Branch publications are:

Guideline on Fall Protection for the Steel Erection Industry

Worksafe Bulletin no. 137. **Fall protection vital**

Worksafe Bulletin no. 166. **Fall protection guideline for sloped roof work**

Worksafe Bulletin no. 174. **Balcony access danger**