



Module 6.1.4.2
SPECIFIC ACTION PLAN
PROTECTION AGAINST FALLS

HEALTH AND SAFETY ACTION PLAN FOR REPAIR AND CONSTRUCTION PROJECTS AT
THE JOHN H. CHAPMAN SPACE CENTRE

1. Scope

This action plan applies to portable ladders, temporary ramps and stairs, temporary elevated work bases used by employees, or temporary elevated platforms used for materials.

2. General

No worker may use a temporary structure where it is reasonably practical to use a permanent structure. SOR/94-263, s. 9(F).

No worker may work on a temporary structure in rain, snow or hail or in an electrical or wind storm that is likely to be hazardous to the health or safety of the worker, except if the work is required to remove a hazard or to rescue a worker. SOR/2002-208, s. 8.

Tools, equipment and materials used on a temporary structure must be arranged and secured in such a manner that they cannot be knocked off the structure accidentally. SOR/88-632, s. 6(F).

No worker may use a temporary structure unless:

- a) the worker has authority from his employer to use it; and
- b) the worker has been trained and instructed in its safe and proper use.

Prior to a work shift, a qualified person must make a visual safety inspection of every temporary structure to be used during that shift.

Where an inspection reveals a defect or condition that adversely affects the structural integrity of a temporary structure, no worker may use the temporary structure until the defect or condition is remedied. SOR/2002-208, s. 9(F).

3. Barricades

Where a person or a vehicle could come into contact with a temporary structure, a person must be positioned at the base of the temporary



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structure or a highly visible barricade must be installed around it to prevent any such contact. SOR/96-525, s. 9.

4. Guardrails and toe boards

Guardrails and toe boards must be installed at every open edge of a platform of a temporary structure.

The guardrails and toe boards must meet the standards set out in sections 2.12 and 2.13. SOR/2000-374, s. 3.

5. Temporary stairs, ramps and platforms

Temporary stairs, ramps and platforms must be designed, constructed and maintained to support any load that is likely to be imposed on them and to allow safe passage of persons and equipment on them.

Temporary stairs must have:

- a) uniform stairs in the same flight;
- b) a slope not exceeding 1.2 in 1; and
- c) a hand-rail that is not less than 900 mm and not more than 1,100 mm above the stair level on open sides including landings.

Temporary walkways and platforms must be:

- a) securely fastened in place;
- b) braced if necessary to ensure their stability; and
- c) provided with cleats or surfaced in a manner that provides a safe footing for employees.

A temporary ramp must be so constructed that its slope does not exceed:

- a) where the temporary ramp is installed in the stairwell of a building not exceeding two stories in height, 1 in 1, if cross cleats are provided at regular intervals not exceeding 300 mm; and



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b) in any other case, 1 in 3.

6. Scaffolds

The erection, use, dismantling or removal of a scaffold must be carried out by or under the supervision of a qualified person.

The footings and supports of every scaffold must be capable of carrying, without dangerous settling, all loads that are likely to be imposed on them.

Every scaffold must be capable of supporting at least four times the load that is likely to be imposed on it.

The platform of every scaffold must be at least 480 mm wide and securely fastened in place.

7. Mobile scaffolds

Before climbing onto a mobile scaffold, ensure the wheels are locked and barricades are set up so that no one walks under the work area.

Before moving a mobile scaffold, ensure there are no workers on the scaffold and that no objects can fall from it.

8. Telescopic lift, boom lift and aerial lift

When using a telescopic lift, workers must at all times wear a safety harness that complies with CAN/CSA Standard Z259.10-M90 and be used with one of the following systems:

- a) A shock absorber fastened to a lanyard that allows a free fall of not more than 1.2 m.
- b) A self-retracting lanyard that includes or is attached to a shock absorber.

These systems must be attached to a rope grab fastened to a vertical lifeline or anchored to an element with a breaking strength of at least 18 kN.



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9. Cranes with buckets

When a bucket is used with a crane, it must be connected to the main cable with a system that can support the weight of the bucket and the workers. This will prevent a fall if the fastener breaks.

10. Portable ladders

Commercially manufactured portable ladders must meet the CAN/CSA Standard CAN3-Z11-M81, *Portable Ladders*, the English version of which is dated September 1981, as amended in March 1983 and the French version of which is dated August 1982, as amended in June 1983.

Subject to subsection (3), every portable ladder must, while in use,

- a) be placed on a firm footing; and
- b) be secured in such a manner that it cannot be dislodged accidentally from its position.

Where, because of the nature of the location or of the work being done, a portable ladder cannot be securely fastened in place, it must, while being used, be sloped so that the base of the ladder is not less than one-quarter and not more than one-third of the length of the ladder from a point directly below the top of the ladder and at the same level as the base.

Every portable ladder that provides access from one level to another must extend at least three rungs above the higher level.

Metal or wire-bound portable ladders may not be used where there is a hazard that they may come into contact with any live electrical circuit or equipment.

No worker may work from any of the three top rungs of any single or extension portable ladder or from either of the two top steps of any portable stepladder. SOR/88-632, s. 7(F).