

	<b>WESTERN MILLCRAFT INC.</b> 12506 – 128 STREET EDMONTON, AB, T5L 1C8	Effective Date: 1 OCTOBER, 2011	Revised by: JFK
	<b>OCCUPATIONAL HEALTH &amp; SAFETY MANUAL</b> <b>COMPANY RULES AND REGULATIONS</b> <b>FALL PROTECTION EQUIPMENT</b>	Page 1 of 3	HSE: 3.22 Revision: 00

#### **FALL PROTECTION EQUIPMENT:**

Subject to subsections (3) through (8) of the OHS Fall Protection Code, Western Millcraft Inc. must ensure that workers are protected from falling at a temporary or permanent work site if a worker may fall:

- A vertical distance of 3 meters or more (10 FEET)
- A vertical distance of less than 3 meters if there is an unusual possibility of injury
- Falling into or onto a hazardous substance or object, or through an opening in a work surface
- Falling onto a solid or flat surface
- When required, fall protection equipment will be used for a vertical distance of 1.8 meters or more (6 FEET)

Western Millcraft Inc. must install an engineering control such as a guardrail if the worker may fall a vertical distance of more than 1.2 meters but less than 3 meters. A standard guardrail consists of a top rail (92 cm (36") and 107 cm (42")) above the work surface, and a mid-rail spaced between the two. The guard rail must support the weight of a worker if they fell against it. If the use of a guardrail is not reasonably practicable, Western Millcraft Inc. must ensure that workers use a personal fall arrest system (travel restraint system). Workers at Western Millcraft Inc. must use and wear the fall protection equipment required for compliance under the OHS Fall Protection Code.

#### **FALL PROTECTION PLAN:**

Western Millcraft Inc. must develop a Fall Protection Plan procedure that complies with OHS Part 9 Fall Protection for a work site if workers at the work site may fall 3 meters or more and are not protected by guardrails.

A Fall Protection Plan must specify:

- The fall hazards at the work site
- The fall protection system to be used at the work site
- The anchors to be used during work
- The clearance distances below the work area are sufficient to prevent a worker from striking the ground or an object below
- The procedures used to assemble, maintain, inspect, use and disassemble the fall protection system
- The rescue procedures to be used if a worker falls and is suspended by personal fall arrest system and needs to be rescued
- Inspection and maintenance of the equipment
- Re-certification of the equipment
- Removal from service

Western Millcraft Inc. must ensure that the fall protection plan is available at the work site, reviewed by workers before work is started and updated when conditions change.

Western Millcraft Inc. must ensure that workers are made aware of the fall hazards particular to a work site and the steps being taken to eliminate or control those hazards.

#### **DESCRIPTION AND GENERAL RULES:**

Western Millcraft Inc. must ensure that workers are fully trained in the safe use of fall protection systems. This training will be provided by a competent and qualified person.

Training referred to in subsection (1) must include:

- A review of current Alberta Legislation pertaining to fall protection
- A review of Western Millcraft Inc. fall protection policies and procedures

**CONTROLLED COPY**

	<b>WESTERN MILLCRAFT INC.</b> 12506 – 128 STREET EDMONTON, AB, T5L 1C8	Effective Date: 1 OCTOBER, 2011	Revised by: JFK
	<b>OCCUPATIONAL HEALTH &amp; SAFETY MANUAL</b> <b>COMPANY RULES AND REGULATIONS</b> <b>FALL PROTECTION EQUIPMENT</b>	Page 2 of 3	HSE: 3.22 Revision: 00

- Workers have an understanding of what a fall protection plan is
- Fall protection methods and systems that workers are required to use at a work site
- How to identify fall hazards
- Fall protection equipment that will be required
- The assessment and selection of specific anchors the workers may use
- Instructions for the correct use of connecting hardware
- Emergency response procedures to be used at the work site
- Pre and post use inspections – hardware, snap hooks, D rings, buckles, etc
- Must use the Safety Harness Inspection Checklist form
- Fall protection systems are kept free of substances and conditions that could contribute to the deterioration of the equipment
- Emergency response procedures required for the job site
- Practice in:
  - Inspecting, fitting, adjusting and connecting fall protection systems and components
- Information about the effect of a fall on the human body including
  - Maximum arresting force
  - The purpose of shock and energy absorbers
  - Swing fall
  - Free fall
- Removal from service defective equipment – tagged out - send for repair or replace and destroy the old equipment

#### **FALL PROTECTION EQUIPMENT:**

- Full body harness
- Body belt
- Lanyard - adjustable
- Shock absorber
- Connectors, karabiners and snap hooks
- Fall arrestors
- Travel restraint system
- Self-retracting device
- Descent control device
- Life safety rope – adjustable
- Anchors

#### **INSTRUCTIONS AND RULES:**

1. Workers must be fully conversant with Fall Protection Systems
2. Workers must know the capabilities of Fall Protection Systems
3. Workers must know the anchor points
4. Workers must ensure they do not wrap the lanyards around beams, girders, pipes, etc
5. Workers must ensure barricades, ribbons and signs identify restricted areas
6. Workers must use the buddy systems and continually check each other's harness and D ring to ensure that the harness is not too loose and/or the D ring has not slipped down the back
7. Workers must understand the procedure for rescuing workers who have fallen and are unable to rescue themselves

CONTROLLED COPY

	<b>WESTERN MILLCRAFT INC.</b> 12506 – 128 STREET EDMONTON, AB, T5L 1C8	Effective Date: 1 OCTOBER, 2011	Revised by: JFK
	<b>OCCUPATIONAL HEALTH &amp; SAFETY MANUAL</b> <b>COMPANY RULES AND REGULATIONS</b> <b>FALL PROTECTION EQUIPMENT</b>	Page 3 of 3	HSE: 3.22 Revision: 00

#### **EMERGENCY PLAN AND RESCUE PROCEDURE:**

Western Millcraft Inc. is responsible for the rescue of any employee, contractor, or sub-contractor who has fallen and is restrained and/or suspended by Personal Fall Protection Equipment whilst on Western Millcraft Inc. yard or facilities.

The following Rescue Procedure must be followed to rescue a worker whom has fallen, is restrained, and/or suspended by a Personal Fall Arrest System:

- Immediately notify rescue assistance by calling 911. Inform them if the fallen worker is conscious or not, appears to be injured or not, and that the fallen worker is secured with Personal Fall Protection Equipment
- One person must remain with the fallen worker and all others will go to the muster point
- Initiate rescue from the ground up if possible by use of man lifts or forklift if the fallen worker can stand on it (if possible)
- Lower the fallen worker to the ground and provide first aid until rescue assistance arrives
- Ensure first aid precautions are taken regarding possible suspension trauma, neck, head, back injuries, or broken bones
- Western Millcraft Inc. will be responsible to transport the fallen worker to a medical facility unless they are taken by ambulance
- Remove from service, all components of the Personal Fall Protection Equipment the fallen worker had on
- Western Millcraft Inc. will conduct a full investigation into the incident and notify any and all parties of interest

The Information in this policy does not take precedence over the OH&S Act, Regulation, Codes, or applicable Government Legislation

CONTROLLED COPY