

## SAFE WORK PRACTICES

### WORKING AT HEIGHTS/FALL PROTECTION

*\*This information does not take precedence over OH&S. All employees should be familiar with the Saskatchewan Employment Act and the OH&S Regulations.*

**General:** Falls are the worst danger faced by most workers. Every day somebody falls – from scaffolds, ladder, platform, etc. Any misuse of a ladder is enough to cause a fall. Saskatchewan OH&S Regulations require that a fall arresting device be worn when working at heights above 3 meters (10 ft.). Review the OH&S Regulations for your specific application.

#### Three Ways to Fall:

- Pulling or pushing while standing on a ladder can cause it to slide in reaction to the force you create.
- If a wrench jumps off the bolt when you pull or push, the sudden give can cause you to fall.
- Many workers have fallen trying to grab a tool they just dropped. ***Never*** grab for anything you've dropped – let it fall.

#### Fall Protection:

1. When your feet are more than 3 meters above the floor or ground, you must wear a fall arresting device. There are a few exceptions, such as:
  - Working on a roof with a slope of, or less than, 18 degrees (3 to 1);
  - Connecting support structure of a scaffold; or
  - Securing a load on a truck.

Refer to OH&S Regulations for more specific information.

2. ***You must be orientated on the use of the safety harness by your supervisor.***
3. Know how to inspect your safety harness for wear or damage, such as frayed or damaged webbing, cracked or deformed D-rings, etc. See the manufacturer's manual for further details.
4. When the safety harness is not in use, make sure that it is stored in a safe, dry and secure place.