



# A.D.S. Contracting

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## Fall Protection

Fall protection should be used when working at height greater than (3) meters near an unguarded edge to a floor, roof, platform, opening or on a ladder without travel restraint, fall arrest or guardrail protection. Fall protection equipment must carry a C.S.A. label and meet the C.S.A. national standard of Canada as stated in Occupational Health and Safety Act and Regulation for Construction Projects.

The lanyard or lifeline/lanyard combination must be secured to a permanent or temporary fixed support capable of resisting a static force 3,600 to 5,000 lbs for fall arrest (without a shock absorber) and 2,700 lbs for fall arrest (with a shock absorber), 2,700 lbs for fall restriction protection and a minimum of 900 lbs for travel restraint use. The makeup and adjustment of the fall protection system must not subject the wearer who falls, to a peak arrest force greater than 1,800 lbs.

### **Lifelines:** All lifelines shall be:

- 16 millimeters (5/8") diameter polypropylene or equivalent.
- Used only by one worker at a time.
- Free from any danger of chafing.
- Free of any cuts, abrasions, other defects.
- Long enough to reach the ground or knotted at the end to prevent the lanyard from running of the lifeline.
- Connected at right angles to the worker's position.
- Appropriately connected to its anchorage point.

### **FALL ARREST PROTECTION:**

In the normal course of setting up for Fall Arrest protection where a worker is not at risk of "Bottoming Out" – that is hitting an object, level or ground below the work, it is expected that a Shock Absorber Device will be part of the worker's fall arrest equipment setup. Shock absorber devices assist in limiting the peak arrest forces applied the wearer in a fall to 1,800 lbs or less. However, if a risk of "Bottoming Out" exists, the following applies.

The fall arrest system should not include a shock absorber device if wearing one could cause a worker to hit the ground, without the use of a shock absorber device, the wearer should shorten his components to minimize the amount of free fall. A workers fall distance should not exceed (0.6) meters or (2) feet.

### **WORKING OFF STEP LADDERS:**

Workers performing brief, light duty work off step ladders is acceptable providing no heavy exertion or body extension from ladder's vertical plane will be necessary. Workers must lock step ladder braces in place and stay off its the top rung or shelf. Workers up higher than three (3) meters on a ladder or higher than in close proximity to guard railing, must wear, set-up and use fall arrest protection. If heavy exertion or body extension is a consideration, scaffolds or other work platforms should be used,. Workers should never straddle themselves between a ladder and another surface. Workers who handle or use fall protection devices should inspect all components prior to each and every use and report defects to the supervisor immediately.

All workers that require fall protection must carry a certification card that they earned while employed by A.D.S. Contracting.

#### **REFERENCES:**

- Basics of fall protection user's guide
- Occupational Health & Safety Act and Regulation for Construction Projects

The complete fall protection system must be inspected by a competent person before each use. Defective or damaged equipment must be removed from service and tagged as unsuitable immediately. The worker or supervisors will advice the owner of the defect and the equipment will be replaced as soon as possible.

#### **COMMUNICATION**

A copy of the fall protection standard will be given to each worker as a payroll stuffer in November 2009. The Inspection of Full Body Harnesses Alert appears in all job boxes and safety board. During orientation new workers will be verbally advised of the next fall protection training session.

#### **TRAINING:**

All workers of A.D.S. Contracting must receive training in fall protection from a qualified health and safety training specialist.

#### **EVALUATION:**

The training is evaluated at the conclusion of the session with a written questionnaire. A passing grade on the fall protection training must be achieved for the worker to receive a certification. The owner will visit job-sites weekly to observe that safe, appropriate fall protection is being utilized when necessary. Non-compliance of safe fall protection use will be addressed immediately.

#### **ACKNOWLEDGE SUCCESS AND MAKE IMPROVEMENTS:**

The annual safety meeting will provide the opportunity for workers, the safety representative and the owner to discuss the fall protection program and any changes required. The changes will be implemented as soon after the December meeting as possible. Success of the fall protection standard will be recognized at the December dinner. The owner will schedule fall protection training for any employees who were not certified while employed by A.D.S. Contracting during January 2010.

#### **A.D.S. Contracting**

**Angelo Agostino**  
**President**

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