

WHSC Fall Prevention Training

In one tragic fall, four workers were killed and another suffered serious injuries. The incident took place on a Toronto-area construction site December 24, 2009.

The Workplace Safety & Insurance Board (WSIB) reports each year 20 workers die as a result of falls in Ontario workplaces and they are the leading cause of death in the construction sector. Another 80 workers are injured every day from falls. The underlying causes in fall tragedies are often a lack of supervision, missing, poorly maintained and improper fall protection systems, a lack of safe work procedures and inadequate training for both workers and supervisors.

Several regulations under Ontario's *Occupational Health & Safety Act* require safe work procedures and training requirements for workers exposed to fall-related hazards. Specifically, workers required to use a fall protection system must be adequately trained in its use and receive oral and written instructions on the use of equipment. Additionally, employers must also keep a record of this training and instruction and provide it to a MOL inspector upon request.

To help workplaces comply with legal training requirements and implement effective fall prevention programs the Workers Health & Safety Centre offers the following programs.

Work at Heights*

Program Duration: 3 hours

In workplaces where work at heights has been identified as a potential hazard, workers, their supervisors, members of joint health and safety committees and health and safety representatives will all benefit from this program. Delivered over three hours, *Work at Heights* equips participants with an understanding of:

- the physical hazards that contribute to the dangers of working at heights;
- relevant legislation and methods of controlling related hazards;
- different types of safety equipment employed for working at heights (e.g., guardrails and fall protection systems), their limitations, and the necessary precautions when using them; and
- other equipment used at heights (e.g., ladders and scaffolds), their selection, requirements, and proper use.

This program also demonstrates the proper use of a full body harness. However, this demonstration is an awareness building exercise only. Workers working at heights, especially in the construction sector, require more comprehensive training. (see over)

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Fall Protection Program (Construction Sector)

Program Duration: 4 hours

Developed specifically for all workers in the construction sector who are required to work at heights and may have to use fall protection systems, program participants will come away with a full understanding of:

- duties of the workplace parties under the *Occupational Health and Safety Act*;
- the procedure for refusing unsafe work;
- workplace conditions for which guardrails or fall protection is legally required;
- types of fall protection;
- specific components of fall arrest and travel restraint systems and applicable Canadian Standards Association (CSA) standards;
- legal requirements for guardrails and bumplines, including design requirements;
- the safe use of ladders, fall restraint and arrest systems; and
- inspection, maintenance, and storage considerations for ladders, fall restraint and arrest systems.

Instructors use a variety of techniques to ensure participants engage in the training and learn what they need to know about the precautions that may save their lives. The training includes active lectures on legal requirements; a brainstorming exercise that identifies fall hazards; group discussions on factors contributing to falls; and a buzz group questionnaire that ensures learning objectives have been met.

- * *Participant materials are available in French for programs marked with an asterisk. Upon request, any of our training programs are available for delivery by a French-speaking, WHSC-qualified instructor.*