

# Working at Heights Training



**Falls from heights** are the leading cause of traumatic worker deaths and critical injuries in construction. The underlying causes of falls from heights are often missing, poorly maintained and improper fall protection equipment and systems, lack of safe work procedures and inadequate supervision. Lack of training, or inadequate training for workers, supervisors, joint health and safety committee members and worker representatives is another significant contributing factor.

To help put a stop to this suffering, regulation in Ontario requires employers to ensure construction workers complete a Ministry of Labour (MOL)-approved working at heights training program **before they work at heights and use fall protection equipment and systems**. Fall protection includes travel restraint systems, fall restricting systems, fall arrest systems, safety nets and work belts or safety belts. Employers must also maintain detailed records of training. Approved training is valid for three years from the date of successful completion.

**For continued compliance**, employers must ensure workers they employ complete an approved working at heights refresher training prior to the expiration of this three year period. This refresher program must be at least a half-day in length and delivered by an approved training provider.

According to the MOL, employers are also required to meet site-specific working at heights training requirements for workers.

**WHSC can help** with all aspects of these requirements. We are a MOL-approved working at heights training provider. With qualified instructors located throughout the province, we can help you comply fast. Our programs are also designed to ensure critical learning takes place. And we maintain training records for you.

## Working at Heights — MOL-approved

Program Duration: 6.5 hours

This comprehensive program is divided into two modules. Module one explores:

- duties of the workplace parties under the *Occupational Health and Safety Act*, along with the workers' rights to know, participate and refuse unsafe work;
- regulations addressing fall arrest hazards, fall protection equipment and working at heights projects;
- hazards of working at heights and how to identify, assess and control these hazards;
- setup, use, maintenance and storage of travel restraint and fall arrest systems.

The second module involves practical hands-on learning including the critical safety elements of fall protection equipment and systems. Participants learn about:

- regulatory requirements and procedures for use of bump lines, barriers, guardrails and safety nets;
- inspection, limitations, storage and safe work procedures for travel restraint, fall restricting and fall arrest systems;

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- requirements for guardrails;
- set up and use of rope grabs for both fall arrest and ladder use;
- use of a harness and also vertical, horizontal, and retractable lifelines;
- maintaining tie-offs and safe use of anchor systems and anchor points;
- work positioning systems such as scaffolds, elevating and mast-climbing work platforms, vehicle-mounted aerial devices, suspended access equipment (swing stage), boatswain's chair/bosun's chair and ladders; and
- key components of a fall rescue plan and emergency procedures.

NOTE: Training participants must also complete a written program evaluation as required by the MOL's Working at Heights Training Program Standard.

## **Working at Heights Refresher – MOL-approved**

Program Duration: 4.5 hours

Working at Heights training is valid for three years from the date of successful completion of an approved program. For continued compliance, employers must ensure workers complete a MOL-approved working at heights refresher training program prior to the expiration of this three year period.

WHSC *Working at Heights Refresher* involves a review of basic awareness, ranging from significant employer and supervisor obligations to working at heights-related hazards, along with safeguards and procedures designed to protect workers. This training also involves a practical review of the functionality and safety aspects of fall protection equipment and systems including a hands-on practicum. Successful completion of this refresher training will re-validate working at heights training compliance for three years.

## **Working at Heights Awareness**

Program Duration: 3 hours

On construction sites and in workplaces where working at heights has been identified as a potential hazard, workers, supervisors, members of the joint health and safety committee and health and safety representatives will all benefit from this program. Each has important and legal obligations and rights relating to working at heights. Participants gain essential insight into:

- relevant legislation governing the use of fall protection equipment and systems;
- physical hazards that contribute to the dangers of working at heights;
- methods of controlling related hazards including fall protection equipment and systems along with limitations and precautions for use;
- selection and use of related equipment such as ladders and scaffolds;
- development of proper safe work and emergency rescue procedures; and
- training required for those working at heights and other workplace parties (see above).

NOTE: WHSC-trained instructors will demonstrate the proper use of a full body harness. However, this is an awareness building exercise only and isn't intended as a substitute for the legal training requirements for those required to work at heights and use fall protection equipment and systems (see above).