



Working At Heights

Quick Reference Guide

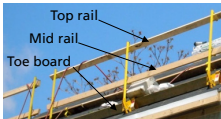
HIERARCHY OF CONTROLS

Control at the source—most effective



- Eliminate fall hazard
- cover floor openings
 - working from ground level

Control along the path



- Blocks fall hazard
- guardrails
 - barriers
 - travel restraint

Control at the worker—least effective



- Stops impact
- fall restricting
 - fall arrest
 - safety net

Every attempt must be made to install guardrails before using PPE.

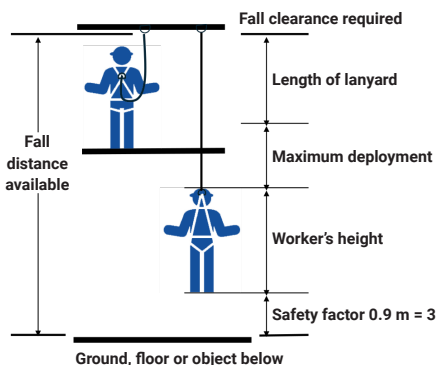
EQUIPMENT INSPECTION CHECKLIST

Check harness, lanyard, lifeline and anchor for:	CHECKED
Manufactured Date	
CSA/ANSI compliance	
Capacity	
Correct size	
Has not been in a fall	
Excessive dirt, grease, oil	
Discolouration	
Abrasions, breaks, cuts	
Broken or loose stitches	
Burns	
Fraying	
Bent	
Loose fittings	
Malfunctioning parts	

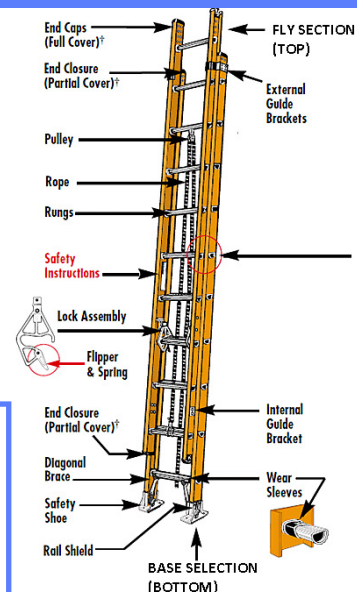
CALCULATING FALL CLEARANCE

Fall clearance is the distance needed between the anchor point and the ground below (or object) to ensure a falling worker does not hit anything. Fall clearance varies depending on a worker's height, length of lanyard and the length of deployment.

By moving the anchor point higher or using a shorter lanyard a worker may be able to create the needed distance.



INSPECTION OF LADDERS



NOTE:
wooden ladders
must not be
painted.

