



Fall Protection Template

Employees and contractors shall comply with the requirements of the Occupational Health & Safety Regulation as a minimum standard for fall protection.

- Fall protection is a general term for any means of ensuring that a worker is not killed from a fall.
- Fall protection must be used where a worker is exposed to the hazard of falling from a work area when:
 - There is a hazard of falling **3 metres** or more to the nearest safe surface or water (three metres is the approximate height of two tiers of scaffolding and for one storey of a house).
 - There is a danger of falling onto a surface or thing that could cause injury to the person upon contact.
 - There is a danger of falling into an open tank, pit or vat containing hazardous material.
- Standard guardrail systems must consist of a top rail, between 35" and 43" above working surface, a mid rail located midway between the top rail and the working surface and a toe board with a minimum height of 4 inches.
- Temporary horizontal lifelines used for fall arrest must be made of 1/2" wire rope cable and have a breaking strength of 8kN. Supporting anchorage must be engineered.
- Static rope lifelines shall be of synthetic fiber rope and shall not be less than 5/8".
- When working within 2 meters feet of floor openings or open sides, fall protection must be used.
- Personnel erecting structural steel shall utilize 100% fall protection.
- When working from man lifts and scissor lifts a fall arrest system is required.
- Scaffolding 15 feet and above must be secured to prevent side to side movements, and connecting braces also.

This template is only a guideline and does not cover all requirements. Please follow all legislation regarding fall protection applicable to your jurisdiction.