



Two Brothers Plumbing & Heating Ltd.

Fall Protection Regulations and Requirements

Per WCB Requirements, The following are guidelines for Safe working procedures and requirements for working at height and working above dangerous areas. For more information and applicable forms, visit the BC WCB website.

Control zone - Area set back from the unguarded edge - 2m/6.5 ft

Fall arrest system - A device which stops a persons fall before impact.

Fall protection system – A means of protecting a person from falling and minimize risk.

Types:

- a) guardrails;
- b) a safety belt or full body harness with a lanyard and/or lifeline and an anchor, and their related equipment;
- c) a safety net;
- d) a control zone;
- e) a safety monitor with a control zone;
- f) other procedures acceptable to the board;

“fall restraint system” means a work positioning system to prevent a worker from falling from a work position, or a travel restriction system such as guardrails or a personal fall protection system to prevent a worker from traveling to an edge from which the worker could fall;

“personal fall protection system” means an individual worker’s fall protection system, composed of a safety belt or full body harness, and lanyard, lifeline, and any other connecting equipment, that is used to secure the worker to an individual anchor or to a horizontal lifeline system;

“safety monitor system” means a system in which a trained worker is designated to monitor work activities in a control zone to ensure that work is done in a manner that minimizes the potential for a worker to fall;

Obligation to use fall protection

- 1) Unless elsewhere provided for in this Regulation, an employer must ensure that a fall protection system is used when work is being done at a place
 - a) from which a fall of 3m (10ft) or more may occur, or
 - b) where a fall from a lesser height involves an unusual risk of injury.
- 2) employer must ensure that guardrails meeting the requirements of Part 4 (General Conditions) or other similar means of fall restraint are used when practicable.

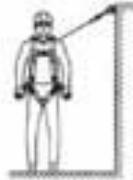
- 3) If the use of guardrails or similar means of fall restraint is not practicable, the employer must ensure that another fall restraint system is used.
- 4) If the use of a fall restraint system is not practicable, the employer must ensure that a fall arrest system is used.
- 5) If the use of a fall arrest system is not practicable or will result in a hazard greater than if the system was not used, the employer must ensure that
 - a) a control zone is used in accordance with this Part,
 - b) a safety monitor system with a control zone is used in accordance with this Part, or
 - c) other procedures acceptable to the board are followed.

Fall protection plan

- 1) The employer must have a written fall protection plan for a workplace if
 - a) work is being done at a location where workers are not protected by permanent guardrails, and from which a fall of 7.5m (25ft) or more may occur
 - b) the employer uses a safety monitor and control zone or other work procedures as the means of fall protection, or
 - c) the board so directs, because a fall may involve an unusual risk of injury.
- 2) The fall protection plan must be available at the workplace before work with a risk of falling begins. The plan must specify
 - a) the fall hazards expected in each work area.
 - b) the fall protection system or systems to be used in each area.
 - c) the procedures to assemble, maintain, inspect, use and disassemble the fall protection system or systems, and
 - d) the procedures for rescue of a worker who has fallen and is suspended by a personal fall protection system or safety net, but is unable to effect self rescue.



Fall Arrest: A system which is designed to stop a free fall (of up to 6 feet in length) of a user and limit the maximum arresting forces imposed on the user to 1,800 lbs. or less. (ex. steel erection, suspended platform activities and elevated maintenance work).



Restraint: A system designed to prevent the user from reaching an area in which a free fall could occur, thus no free fall is possible. (ex. leading edge roof work).



Work Positioning: A system which is designed to hold and sustain the user at a work location and limit the free fall to 2 feet or less. (ex. rebar work and tree trimming).



Rescue: A system which is designed to raise or lower a user to safety in the event of an emergency, no free fall possible. (ex. confined space rescue and retrieval work).