
WORKSAFE

► Fall Protection

Falls from elevation are a leading cause of injury to workers in the many industries in Canada and in Newfoundland and Labrador. It only takes a second for a fall to occur. Falling only a few feet can result in serious injury or death.

Employers must assess the potential hazards involved in any work at heights and ensure that workers use the appropriate form of fall protection for the task. The following are fall prevention safety tips for employees:

- Understand the Department's fall protection requirements and expectations.
- Attend and participate in fall prevention training.
- Use fall protection equipment if required for the job. Be sure that the equipment is right for the task, fits properly, and is in good condition.
- Inspect fall protection equipment (for example, harness systems) and devices (for example, guardrails and tie-off points) before each use.
- Make sure that floor holes, open shafts, and riser penetrations are protected by sturdy guardrails or covers. Get specialized training before working on scaffolds, lifts, or ladders.
- When using scaffolds, ensure proper access, full planking, stable footing, and guard railing.
- Keep your feet firmly on the platform of a boom lift and tie-off at all times.
- Chose the correct ladder for the task, read the instructions, and be sure that the ladder is in good condition. Check for surrounding hazards, stable footing, and the proper angle.
- Identify skylights and make sure they are properly protected.
- Contact your supervisor if you see fall hazards or have any other questions about fall prevention.

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SAFE.
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SAFE.**

Adapted from: www.smacna.org/pdf/safety/Fall_Prevention_Tips_Sheets.pdf