

Ten Commandments for the Users of Fall Arrest Systems (FAS):

1. Thou shalt inspect thy equipment before every use.
2. Thou shalt don and adjust thy harness properly.
3. Thou shalt use thy shock absorber or thy shock absorbing lanyard whenever possible.
4. Thou shalt connect all components of FAS using only the compatible connecting hardware.
5. Thou shalt attach thy FAS only to a suitable anchorage.
6. Thou shalt remember to keep thy fall distance to a minimum.
7. Thou shalt consider the conditions of thy workplace when choosing the equipment for thyself.
8. Thou shalt care for equipment like thou carest for thyself.
9. Thou shalt not use a FAS without knowing the rescue equipment and procedure in case thou shouldst fall.
10. Thou shalt not use any fall protection equipment without proper training.

Only motor vehicle accidents kill more people than incidents in the home. The leading cause of accidental deaths and disabling injuries in the home is **falls**. You and your loved ones will profit greatly from checking your habits at home. Here are some issues you should consider as potential slip, trip, and fall hazards.

Outside

- Do we return yard/garden tools to their storage rack after each use?Yes No
- Do we fill in yard holes and repair broken walkways?Yes No
- Do we follow safety practices when using ladders?Yes No

Garage/Workshop/Basement/Utility rooms

- Do we clean up spills promptly?Yes No
- Do we have well-lit work areas?Yes No

Living room/Family room/Bedroom

- Do we keep hallways and heavy traffic areas well lighted?Yes No
- Do we keep traffic areas and exits clear of tripping hazards?Yes No

Bathroom/Kitchen

- Do we use non-skid mats, decals, or textured surfaces in tub/showers?Yes No
- Do we habitually use a step stool or utility ladder when accessing high light fixtures, cupboards, or shelves?Yes No

Stairways

- Do we have well-lighted stairs with switches at the top and bottom?Yes No
- Do we avoid using stairways for storage of objects? (e.g., shoes)Yes No

Congratulations if your answers were "Yes." Now work on the others. The life and well-being of a loved one may depend on it.

For more information, refer to current applicable Occupational Health and Safety Legislation.

The Alberta Construction Safety Association's mission is to provide quality advice and education for the construction industry that will reduce human suffering and financial costs associated with workplace incidents. This brochure is part of a series, **The Toolbox Brochures**, which are available on a variety of safety topics. If you have any questions or comments please contact:

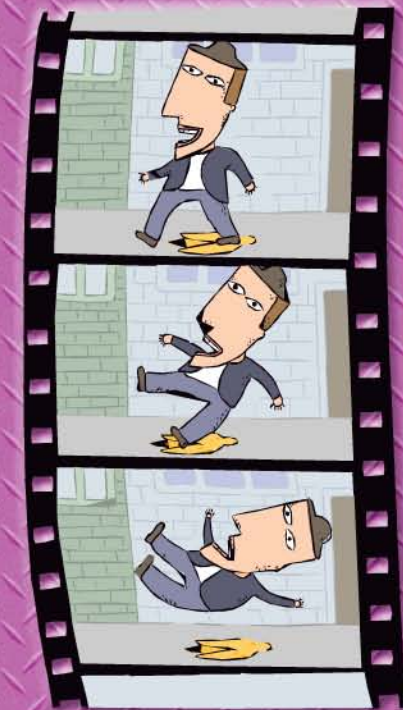


Edmonton Tel: 780-453-3311
Toll Free Line: 1-800-661-2272
Fax: 780-455-1120
Toll Free Fax: 1-877-441-0440
E-mail: edmonton@acsa-safety.org

Calgary Tel: 403-291-3710
Toll Free Line: 1-800-661-6090
Fax: 403-250-2852
Toll Free Fax: 1-877-258-5881
E-mail: calgary@acsa-safety.org

Fort McMurray
Tel: 780-715-2157
Fax: 780-715-1684
fortmcmurray@acsa-safety.org

Fall Protection



Making Safety A Way Of Life



The Alberta Construction Safety Association

www.acsa-safety.org

To order more brochures, contact the above.

Fact:

Falls are the one of the largest killers in construction.

Fact:

You do not have to fall far to be killed or seriously injured.

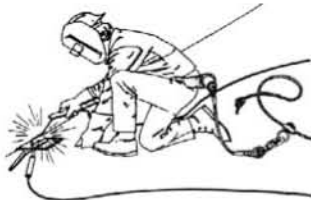
How do we prevent falls?

By simply applying good safe work practices and procedures when working above or below ground levels where fall protection is required. Also, by selecting the right fall protection equipment for the job.

Before work starts, what should I do?

A hazard assessment recognizing fall hazards must be conducted prior to the start of the project. The hazard assessment should address the following:

- People
- Environment
- Materials
- Equipment



What are some common fall hazards?

Typical fall hazards identified in a hazard assessment include but are not limited to:

- Elevated work platforms
- Roofing
- Framing
- Open holes
- Exposed edges
- Structural steel erection

What is my next step?

If the hazard assessment establishes that workers on the project may be exposed to fall hazards, then a fall protection plan must be developed to ensure these hazards are eliminated or controlled.

If a worker at a work site can fall 3 metres or more and is not protected by guardrails, the employer must develop a Fall Protection Plan that specifies:

- The fall hazard.
- The fall protection to be used (including worker training).
- Procedures used to assemble, maintain, inspect, use and disassemble the fall protection system.
- Worker rescue procedures.
- That the Fall Protection Plan is available before the work begins.

What are the two basic types of fall protection equipment?

- Travel Restraint
- Fall Arrest

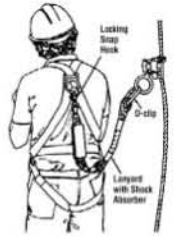
Travel Restraint System

A travel restraint system keeps you from getting too close to an unprotected edge. A full body harness is recommended for this work activity.



Fall Arrest System

A fall arrest system consists of a full body harness, a shock absorbing lanyard, and an anchor.



Anchorage Point

Whether you are using travel restraint or fall arrest, your lifeline must be adequately anchored. Fall arrest anchorage must be able to support 16 kilonewtons.



Approx. 16 kilonewtons

Would you gamble with your life?

A lot of people do just this when they fail to inspect their personal fall arrest equipment daily. They gamble that the equipment will save their lives if they fall.

Inspections

The equipment is subject to tremendous loads during a fall, so always follow manufacturer's recommendations when inspecting your equipment. Here are several things to look for:

- Frayed edges, broken fibers, burn marks, deterioration, and other visible signs of damage to the nylon webbing on body harnesses.
- Check rings and buckles for damage.
- Inspect all rivets and grommets for deformity.
- Check lanyards and shock absorbers for signs of wear or damage.



Remember: If you find any substandard conditions during your inspection, do not use the equipment. If in doubt, contact your supervisor.