

The *BSO Plus Safety Topic* is a review designed from the BSO Plus agenda. This safety topic is your way to stay current on the safety information over the 3 years between BSO Plus and BSR.

WORKING AT HEIGHTS / LADDER SAFETY

WORKING AT HEIGHTS

Regulations / Training

Ontario Regulation 213/91 s.26.1 – 26.9 for Construction Projects, regulates the requirements for working at heights.

The use of fall protection devices are required when a worker is exposed to any of the following hazards:

- Falling more than 3 metres (10 feet)
- Falling more than 1.2 metres, where the work area is used as a path for a wheel barrow or similar equipment
- Falling into operating machinery
- Falling into water or another liquid
- Falling into or onto a hazardous substance or object
- Falling through an opening on a work surface



The local Safety Partnership Standard supersedes Regulation 213/91 and requires the use of fall protection for working at heights greater than 6 feet. Before you perform any work at height, it is important that you confirm with your supervisor about the specific fall protection equipment and procedures used at your workplace.

If you will be working at heights, you must complete a working at heights training program that has been approved by the Chief Prevention Officer (CPO). Workers who wish to ensure that their CPO approved working at heights training remains valid must successfully complete refresher training within three (3) years of the date that they successfully completed an approved program.

Maintain 100% Tie-off

The anchor point is the secure point of attachment for a fall arrest system. The appropriate type of anchorage varies by industry, the job being performed, the type of installation and the structure available, but it must be able to withstand fall arrest forces.

Failure to follow manufacturer's recommendations, or to select an appropriate anchor point, may result in serious injury or death.



You must always be tied off to a secure anchor point when moving from one point to another while working at heights.

This can be achieved by using a double or Y-style lanyard attached to your harness D-ring.

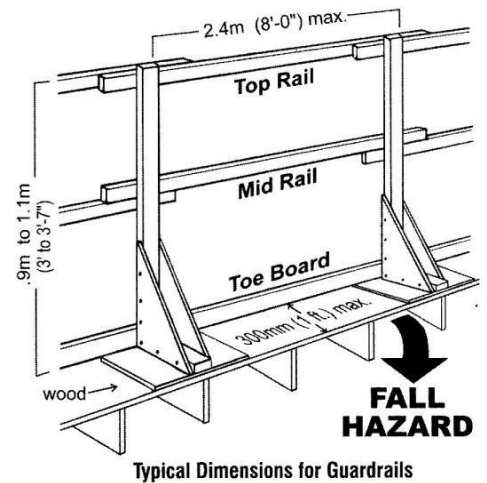
When moving locations, always attach your second lanyard to the new location before unhooking the first.

Guardrails

Guardrails are the best and most convenient type of fall protection because they prevent the fall from occurring. They protect workers from open edges or holes in work surfaces.

Proper Installation: A guardrail must be properly installed no farther than 300 mm or one foot from an edge and must be capable of resisting defined loads anywhere along its length. A temporary removal of a section of the guardrail will require the worker to wear fall protection and be tied off.

Seen here is an image of a properly constructed guardrail. A guardrail must consist of a top rail, which is not lower than .90 meters, a intermediate rail, and a toe board [Reg 213 s. 26.3 (4)].



Power-Operated Elevating Work Platforms (PEWP)



PEWPs have many different names including cherry pickers, aerial platforms, boom or scissor lifts. Local best practice states that when you are in the basket you must wear fall restraint equipment and you must be tied off at all times.

All PEWP's have attachment points designed and built as per CSA Standards. You can usually find these in the manufacturers manual or on stickers. If you are not sure, ask your supervisor or contact the manufacturer.

If you don't know how the equipment operates you need to get proper training.

Scaffolds

Scaffolds are a better alternative to working off a ladder. They provide a stable work platform with guardrails on all working levels.

Locally, a 3-tag system is used for scaffolding: red, yellow, and green tags.

- **Red** tags indicate a scaffold is unsafe to use. Only the people qualified to erect or dismantle scaffolds can use a red-tagged scaffold.
- **Yellow** tags indicate that there is a deficiency in the scaffold, for example, a missing guardrail. You must carefully read the tag and note all precautions and conditions under which the scaffold may be used. In most cases, a yellow tag means you must tie off, additional hazards will be communicated in a different way (ex. a white tag or a notice). How additional hazards are communicated is left to individual site policies.
- **Green** tags mean the scaffold is safe for use.
- If there is **no tag** on a scaffold, it should be treated the same as a red tag.
- Date of inspection should also be written on the tag.

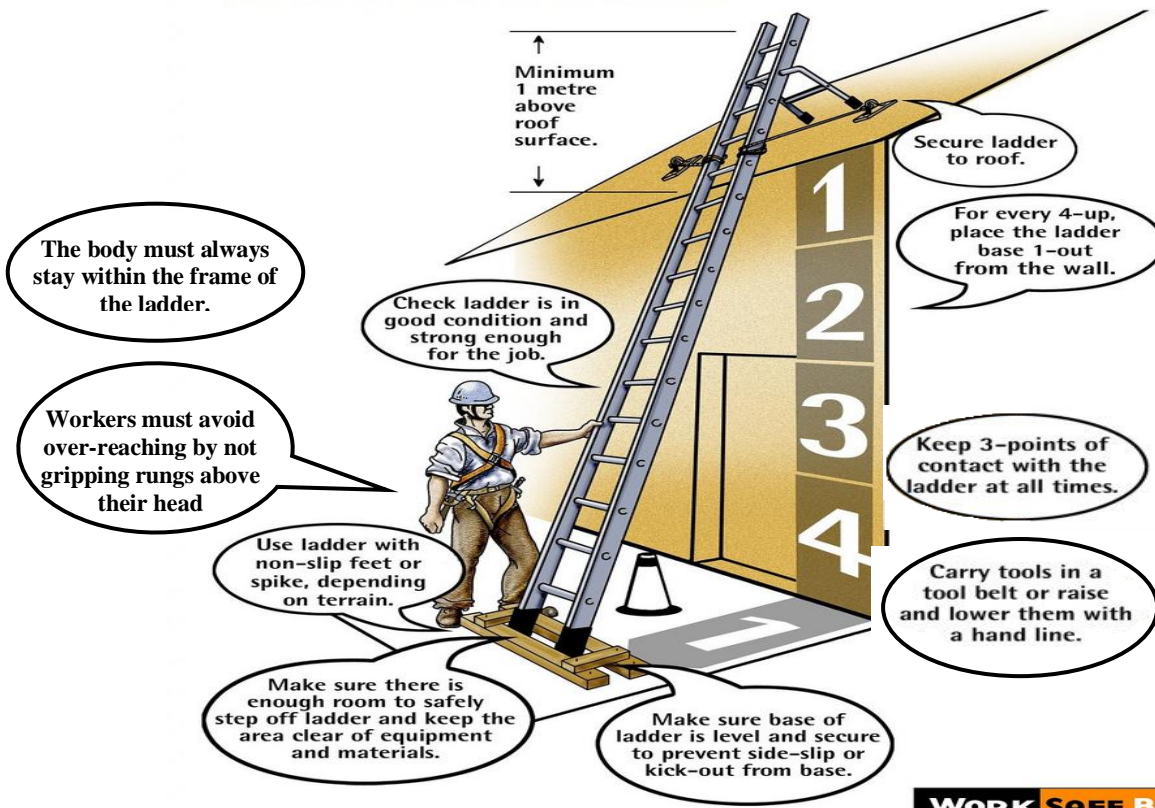


LADDER SAFETY

There are different regulatory requirements for ladders in different sectors. These requirements may place restrictions on the type of work which may be performed for working from a ladder. According to the Ministry of Labour's "Ladder Safety in Construction" publication, if work must be carried out at height, a work platform should be used. If you must work on a ladder and your feet will be more than 1.8 metres (6 feet) above the ground, you must wear and use an appropriate fall protection device.

You must always maintain **3-Point Contact** while working from a ladder. The Safety Partnership defines "3-Point Contact" as always having "two feet and one hand" or "two feet and the weight of the body (front of torso)" in contact with the ladder.

If you must work from a ladder then consider the following:



(Image adapted from WorkSafe BC's Ladder Safety Series: <http://www2.worksafebc.com/Topics/EquipmentSafety/LadderSafety.asp>)



Ladder Inspections

You should always take the time to inspect a ladder before using it! When you are inspecting your ladder you must check for the following:



- Side rails not twisted, cracked, dented or damaged
- Rungs straight and free of cracks, significant wearing and distortion
- Feet on side rails intact and operating
- Wooden ladders free from paint or coating that could conceal defects
- No substandard repairs or makeshift replacement parts
- Damaged or defective ladders tagged and immediately removed from service
- Repairs done only by manufacturer or competent worker