



COUNTY OF NORTHERN LIGHTS

POLICY

FALL PROTECTION

CREATED: 2/9/2025

REVISED:

TOTAL PAGES: 7

PURPOSE

The purpose of this program is to provide fall protection procedures to prevent injury to employees while performing work assignments at elevated levels in Alberta. Any changes to this Fall Protection Program must be approved by the Safety Officer, who is designated the Qualified Person. This is based on training received in fall protection planning and has demonstrated skills and knowledge in the preparation of fall programs, plans and the hazards involved.

SCOPE

When work is performed on a non-owned or operated site, the operator's program shall take precedence, however, this document covers all employees and shall be used on owned premises, or when an operator's program doesn't exist or is less stringent. Some clients follow the more stringent US OSHA standard. County of Northern Lights must adhere to client fall protection requirements if they exceed the legislated standard.

KEY RESPONSIBILITIES

Managers

- It is the responsibility of the work site operations manager (designated competent person) to implement this Fall Protection Program.
- Continual observational safety checks of work operations and the enforcement of the safety policy and procedures shall be regularly enforced.
- All jobs shall be pre-planned prior to the start of work.

Supervisors

- Supervisors shall make exposure determinations and shall discuss with their employees the extent to which scaffolds, ladders, or vehicle mounted work platforms can be used.
- Ensure that fall protection equipment is available and in safe working condition.
- Provide for emergency rescue in the event of a fall. Pre-plan the job to ensure that employees have been properly trained in the use, limitations, inspections and rescue procedures and that training records are on file.

Employees

- Understand the potential hazards of working at elevated levels as well as gaining access to and from the work location.
- Understand the use and limitations of such equipment.
- Pre-plan the job with his/her supervisor to agree that the job can be done safely.
- Before using a lifeline or lanyard, a worker shall ensure that the lifeline or lanyard is free of imperfections, knots, and splices other than end terminations, is protected by padding where the lifeline or lanyard passes over sharp edges and is protected from heat, flame or abrasive or corrosive materials during use.
- Before using a safety belt or full body harness a worker shall ensure that the safety belt or full body harness is properly adjusted to fit the worker securely and is attached by means of a connecting linkage to a fixed anchor or lifeline.
- Inspects the connecting linkage, personal fall arrest system, full-body harness, or lifeline before each use and that where a defect or unsafe condition that may create a hazard to a worker is identified in a connecting linkage, personal fall arrest system, full-body harness, or lifeline.



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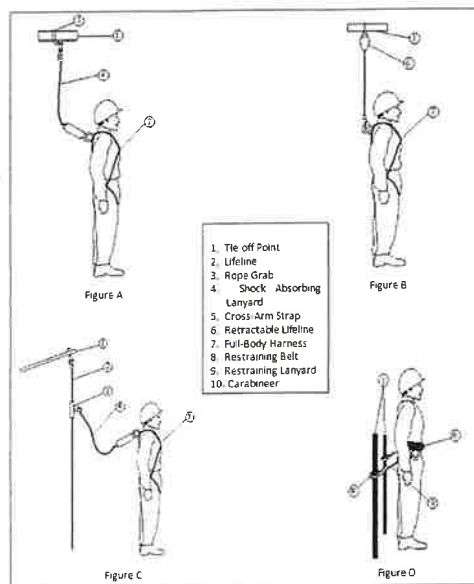
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DRAWING COMPONENTS



FALL PROTECTION PLAN REQUIREMENTS

The company has a written fall protection plan a fall arrest rescue plan must be developed before workers may use a fall arrest system at a work site. Fall protection is required where workers are exposed to a potential fall of 3 m (10 ft.) or greater. Management must ensure that a worker is protected from falling at a temporary or permanent work area if a worker may fall a vertical distance of 1.8 meters or more, a vertical distance of less than 1.8 meters if there is an unusual possibility of injury or into or onto a hazardous substance or object, or through an opening in a work surface.

SAFE WORK PROCEDURES

Use of Fall Protection

Management must ensure that:

- A worker using a personal fall arrest system must wear and use a full body harness.
- A worker uses a body belt only as part of a travel restraint system.
- A lanyard used by a worker is made of wire rope or other material appropriate to the hazard if a tool or corrosive agents that could sever abrade or burn a lanyard is used in the work area.
- A personal fall arrest system consists of a full body harness and a lanyard equipped with a shock absorber or similar device.
- A carabiner or snap hook is self-closing and self-locking, may only be opened by at least two consecutive deliberate manual actions and is marked with its breaking strength in the major axis, and the name or trademark of the manufacturer.
- All components of a fall protection system are compatible with one another and with the environment in which they are used.
- A personal fall arrest system is arranged so that a worker cannot hit the ground, an object which poses an unusual possibility of injury or a level below the work area.



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A worker shall be adequately protected by a guardrail system. If it is not reasonably possible to install a guardrail system, a worker shall be adequately protected by at least one of the following methods of fall protection:

- A travel restraint system
- A fall restricting system
- A fall arrest system
- A safety net

Prevention

- Engineering controls shall always be used first to remove the hazard of injuries by falls. Examples include:
 - Designing engineered access walkways vs. use of elevating platforms, scaffolds or climbing.
 - Stairway units on scaffolds versus climbing a scaffolding ladder.
- Use of guard rails, safety net, or personal fall arrest systems shall be used when the standard methods of protection are not feasible or a greater hazard would be created.
- Where a guardrail is removed in order for work to be done the company and any contractor shall each ensure that adequate precautions are taken to ensure the safety of the employee doing the work and any other employee, and the area is not left unguarded. An employee who removes a guardrail in order to do work shall replace the guardrail before leaving the area.
- An opening into which an employee may fall, other than a hatchway, chute, pit or trap-door opening shall be guarded on all exposed sides by guardrails or by an adequately strong and supported cover secured over the opening.
- Guardrails are the best method of fall protection and must be used whenever practicable. A standard guardrail consists of a top rail located between 92 cm (36 in) and 107 cm (42 in) above the work surface, and a mid rail that is spaced midway between the top rail and the work surface. A guardrail must be capable of supporting a worker who may fall against it.

Defects / Unsafe Conditions

Defective fall protection equipment must be removed from service. Management must ensure that equipment used as part of a fall protection system is removed from service and either returned to the manufacturer or destroyed if it is defective or it has come into contact with excessive heat, a chemical, or any other substance that may corrode or otherwise damage the fall protection system.

Fall Protection Equipment

One or several of the following measures shall be taken by the company to ensure the safety of workers:

- Change the work position of workers so that they can work on the ground or on another surface from which they are not at risk of falling;
- Install guard-rails or a system which, by limiting the movements of workers, prevents them from being at risk of falling;
- Use common protective devices and equipment, such as safety nets;
- Ensure that workers wear safety harnesses when they are working; or
- Use another means that ensures equivalent safety for workers.

The wearing of a safety harness is mandatory for all workers exposed to falls of over 1.8 meters from their workstations, except if a worker is protected by some other device that ensures equivalent safety or by a safety net or when he is only using some means of access or egress. A safety harness shall be used with one of the following systems:

- a shock absorber attached to a lifeline preventing a fall in excess of 3 meters; or
- a harness retractor that includes a shock absorber or that is attached thereto.

All fall protection equipment meets CSA standards. All fall protection equipment- including full body harnesses, body belts, lanyards, shock absorbers, connectors, carabineers, and snap hooks, fall arrestors, self-retracting devices,



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descent control devices, life safety ropes, adjustable lanyards for work positioning, rope adjustment devices for work positioning and wood pole climbing equipment must meet current CSA Standards. Refer to *Part 9, Sections 142-149 of the Alberta OHS Code* for specific details.

The following are minimum standards for employee personal fall protection systems:

- Connectors shall be drop forged, pressed or formed steel, or made of equivalent materials.
- Connectors shall have a corrosion-resistant finish, and all surfaces and edges shall be smooth to prevent damage to interfacing parts of the system.
- Where a snap hook is used as an integral component of a personal fall arrest system, connecting linkage, fall arresting device, full body harness or lifeline Management shall ensure that the snap hook is self-locking and is approved and maintained.
- A fall arrest system shall consist of a full body harness with adequate attachment points and a lanyard equipped with a shock absorber or similar device.
- The fall arrest system shall be attached by a lifeline or by the lanyard to an independent fixed support.
- A lanyard must be kept as short as work conditions permit, is constructed of nylon, polyester or polypropylene rope or webbing or wire rope that is equipped with an approved shock absorbing device, is equipped with suitable snap hooks and is approved and maintained.
- Horizontal lifelines shall be designed, installed, and used, under the supervision of a qualified person, as part of a complete personal fall arrest system, which maintains a safety factor of at least two.
- Where vertical lifelines are used, each employee shall be attached to a separate lifeline.
- Where the use of a lifeline is required management shall ensure that the lifeline is suitable for the conditions in which the lifeline is to be used, having regard to factors including strength, abrasion resistance, extensibility, and chemical stability. Management will ensure that a lifeline is made of wire rope or synthetic material, is free of imperfections, knots and splices, other than end terminations, is protected by padding where the lifeline passes over sharp edges, is protected from heat, flame or abrasive or corrosive materials during use and is maintained to manufacturer's recommendations.
- Systems used by an employee having a combined person and tool weight in excess of 310 pounds shall be modified to provide proper protection for such heavier loads.
- The attachment point of the body harness shall be located in the center of the wearer's back near shoulder level, or above the wearer's head, except when climbing.
- Full body harnesses requirements:
 - Full body harness and connecting linkage must be approved and maintained.
 - Properly fitted to the worker.
 - Worker is trained in the safe use of the full body harness.
 - All metal parts of the full-body harness and connecting linkage are of drop-forged steel 22.2 kilo newtons proof tested.
 - A protective thimble is used to protect ropes or straps from chafing whenever a rope or strap is connected to an eye or a D-ring used in the full body harness or connecting linkage.
 - The connecting linkage is attached to a personal fall arrest system, lifeline, or secure anchor point to prevent the worker from falling more than 1.2 meters.
- Provide for prompt rescue of employees in the event of a fall or assure that employees are able to rescue themselves.
- Personal fall arrest systems shall not be attached to guardrail systems nor shall they be attached to hoists unless prior approval is obtained from a competent person.
- If and when a personal fall arrest system is used at hoist areas, it shall be rigged to allow the movement of the employee only as far as the edge of the walking/working surface.

Protection from Falling Objects

When employees are required to work in the near vicinity of others working with materials, tools, or equipment at elevated levels, Barricades around the immediate area of the overhead work shall be erected to prohibit employees from entering the barricaded area.



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Employees performing work at elevated levels shall keep tools, materials, and equipment away from the edge to keep potential objects from falling over the side. Where practical, tools, etc. shall be secured with rope, wire, etc. to keep them from falling.

Portable Ladders

Three-point climbing is required while ascending/descending ladders. While on ladders, both hands and one foot, or both feet and one hand shall always be in contact with the ladder.

Tools required to perform a task shall be transported by a mechanical carrier such as a tag line, suspended bucket or tool belt. Additionally:

- Tools shall not be carried by hand while climbing.
- Hands must be free to grip the ladder.
- Tools shall not be carried in clothing pockets.
- Tools shall be pulled up to the job site only after reaching the area of work.

Straight ladders shall be tied off at the top to prevent them from moving. A second person shall steady the ladder at the base while it is being tied off at the top by another employee. Do not tie off fall protection equipment to the ladder.

Storage

A dedicated storage area shall be provided for the storage of fall protection equipment and all components. The storage area shall keep the equipment clean, dry, and free from oils, chemicals, paints and excessive heat.

Inspections/Damage

Fall protection equipment must be inspected before use. Management must ensure that the equipment used as part of a fall protection system is inspected by the worker as required by the manufacturer before it is used on each work shift, kept free from substances and conditions that could contribute to deterioration of the equipment and re-certified as specified by the manufacturer.

Defective fall protection equipment must be removed from service. Management must ensure that equipment used as part of a fall protection system is removed from service and either returned to the manufacturer or destroyed if it is defective or it has come into contact with excessive heat, a chemical, or any other substance that may corrode or otherwise damage the fall protection system.

After a fall protection system has arrested the fall of a worker, it must be removed from service, and not be returned to service until it has been inspected and recertified as safe for use by the manufacturer or its authorized agent, or by a professional engineer.

Elevated Personnel Platforms

Work performed, regardless of the nature of the work, from personnel platforms raised by forklifts, cranes, scissor lifts, a boom elevating work platform, boom-supported aerial device, or telescopic forklift truck work platform requires a personal fall arrest system and the employee shall be connected to the platform.

Rescue

Before any use of a fall arrest system or a safety net by a worker at a project management shall develop written procedures for rescuing the worker after his or her fall has been arrested. Prompt rescue of employees shall be provided in the event of a fall. The pre-planning stage prior to the beginning of each elevated work assignment shall be evaluated by the manager or Safety Manager to provide rescue of employees involved in a fall.

Controlled Access Zones

When used to control access to areas where leading edge or other operations are taking place the controlled access zone shall be defined by a control line or by any other means that restricts access.



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When control lines are used, they shall be erected not less than 3 meters nor more than 25 feet (7.5 m) from the unprotected or leading edge.

The control line shall extend along the entire length of the unprotected or leading edge and shall be approximately parallel to the unprotected or leading edge.

The control line shall be connected on each side to a guardrail system or wall.

- Control lines shall consist of ropes, wires, tapes, or equivalent materials.
- Each line shall be flagged or otherwise clearly marked at not more than 6-foot (1.8 m) intervals with high-visibility material.
- Each line shall be rigged and supported in such a way that its lowest point (including sag) is not less than 39 inches (1 m) from the walking/working surface and its highest point is not more than 45 inches (1.3 m).
- Each line shall have a minimum breaking strength of 500 pounds.

Only employees engaged in the related work shall be permitted in the controlled access zone.

Safety Monitoring System

When the use of conventional fall protection equipment is deemed infeasible, or the use of this equipment creates a greater hazard a Fall Protection Plan which includes a safety monitoring system shall be implemented by the supervisor.

Supervisors shall designate a competent person to monitor the safety of other employees. The competent person shall be required to:

- Recognize fall hazards;
- Warn employees if they are unaware of fall hazard or are acting in an unsafe manner;
- Be on the same working surface and in visual contact of working employees;
- Stay close enough for verbal communication; and
- Not have other assignments that would take his/her attention from the monitoring function.

TRAINING

Workers are provided fall protection training. Management must ensure that a worker is trained in the safe use of the fall protection system before allowing the worker to work in an area where a fall protection system must be used. The training must include the following:

- a review of current Alberta legislation pertaining to fall protection,
- an understanding of what a fall protection plan is,
- fall protection methods a worker is required to use at a work site,
- identification of fall hazards,
- assessment and selection of specific anchors that the worker may use,
- instructions for the correct use of connecting hardware,
- information about the effect of a fall on the human body, including:
 - maximum arresting force
 - the purpose of shock and energy absorbers
 - swing fall and
 - free fall

Training must be conducted initially, and refresher training conducted annually or as needed due to deficiencies in training, changes in the workplace, changes in fall protection systems or procedures that render previous training obsolete or inadequacies in an employee's understanding of previous training.

Training must be documented in writing: who was trained, when and dates of training. Signature of person providing training and date training was deemed adequate.



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COMMUNICATION

As per the company's Safety Management System Manual, and corporate communication policy, all applicable policies and procedures are reviewed with all new employees prior to engaging in any work activities (during orientation) and annually with seasonal/returning employees (refresher training).

Chief Elected Official

Chief Administrative Officer