

Save Your Life Actions Working at Heights



Start-Work Authority: I will not start work until I confirm...

Actions	How to (examples)
<p>1 Fall protection equipment (fall arrest and fall restraint) is certified, inspected and rated for the task, including fall distance</p>	<ul style="list-style-type: none"> • Check every strap, buckle, fitting and/or grommet for signs of wear. • Destroy fall protection equipment if the inspection shows evidence of excessive wear/damage or a mechanical malfunction. • Confirm fall protection equipment has been inspected and certified within the past 2 years. <p>Note:</p> <ul style="list-style-type: none"> • Confirm fall arrest system contains a self-retracting lifeline or shock absorbing lanyard • Confirm fall restraint contains a fixed lifeline configured to prevent the worker from reaching the edge and falling • Measure the potential fall distance and confirm fall arrest is shorter than the fall distance
<p>2 Rescue plan has been reviewed with work crew and rescue equipment is available.</p>	<ul style="list-style-type: none"> • Confirm the rescue plan can be executed • Confirm the work crew has discussed the rescue plan, including: <ul style="list-style-type: none"> – How to contact responders – Location of rescue equipment and responders
<p>3 Fall protection equipment is adjusted to fit the worker.</p>	<ul style="list-style-type: none"> • Confirm only full body harnesses are used (use of body belts is not allowed). • Confirm workers are wearing harnesses properly: <ul style="list-style-type: none"> – Straps are not twisted – Body straps are adjusted for close body fit (i.e., no slack)
<p>4 Work crew agreed to be 100% tied off to the identified, approved anchorage point(s).</p>	<ul style="list-style-type: none"> • Confirm the anchor point selected is above the worker and has been approved by a Competent Person (for reference the anchor point must withstand a 22.2 kilonewtons [5,000 lb force]). • Pull on lanyard to test if attachment is secure. • Confirm the worker will not be placed in a fall path that contains hazards. • Confirm the workers know they must be 100% tied off at all times (e.g., at least one hook must be anchored at all times).
<p>5 Fall path is clear of obstructions or mitigations have been implemented to address hazards.</p>	<ul style="list-style-type: none"> • If obstructions are in the fall path, mitigate the obstructions. If obstructions cannot be mitigated, select fall restraint protection equipment.
<p>6 Potential dropped objects have been identified and mitigated.</p>	<ul style="list-style-type: none"> • Perform a potential dropped object review and erect barricades as necessary to provide protection to workers in the area. • Where possible, use debris nets, lanyards, etc., to prevent objects from falling to grade below.

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<p>7 Work crew has agreed that no team member will work at height alone.</p>	<ul style="list-style-type: none">• Confirm someone on the crew has been assigned to be a standby/spotter.