

Fall Protection

Approvals & Inspection

List fall hazards on site

Lead by Example

Inspect the components of a fall-arrest system used on your site.

Harness

Make sure that:

- hardware and straps are intact and undamaged
- moving parts move freely through their full range of motion
- webbing is free of burns, cuts, loose or broken stitching, frayed material, and signs of heat or chemical damage.

Lanyard

Make sure the lanyard fastens securely to the D-ring on the harness.

- Inspect the lanyard for fraying, kinking, and loose or broken stitching.
- Check lanyard hardware for rust, cracks, and damage.
- Check shock-absorbing lanyards regularly. Look for torn stitching on tearaway types. Check other types for damage such as cracks and loose parts.

Lifeline

Inspect fibre rope lifelines for fraying, burns, kinking, cuts, and signs of wear and tear.

Check retractable block lifelines for smooth operation. Pull out line and jerk it suddenly. Braking action should be immediate and tight.

Identify

When you're using a travel-restraint or fall-arrest system, your life depends on equipment.

If your equipment is not certified by a recognized authority, or is not properly inspected and maintained, you risk injury and death.

Communicate & Control

Your fall protection equipment must keep you in construction and out of the hospital. That's why approvals and inspection are important.

Safety harnesses must be approved by the Canadian Standards Association (CSA). Look for the CSA logo.

Also look for the CSA logo on lanyards, shock absorbers, and rope grabs. The label means the equipment has been manufactured to meet high standards.

Any equipment involved in a fall arrest must be discarded or removed from service until the manufacturer certifies that all components are safe for reuse.