

## **CPO APPROVED WORKING AT HEIGHTS (Quick Reference)**

### **Prevention Before Protection**

First, Try to Eliminate the Height Hazard

Next, try to Isolate the Hazard (guard rails, scaffold, elevating work platforms)

Where elimination, substitution or isolation are not practical, steps are required to minimize the likelihood of any harm resulting: consider your safest options moving down the hierarchy of controls - travel restraint systems, work positioning systems, and fall arrest systems as your last options.

If fall arrest is your last option - Remember if you fall, you and your team need to respond immediately! Your Life Depends On It!

Know and be Competent in Your Safe Work Plan

Train to Rescue for the Unplanned Fall

### **The Safe Work Plan**

**The Safe Work Plan or Fall Protection Plan is a Job Hazard Analysis at Heights**

Recognize specific fall hazards at a particular job site

Try to eliminate the height hazard; and where unable, look at prevention controls before protection

Determine safest options based on conditions/site: guard rails, aerial platforms (hierarchy of control)

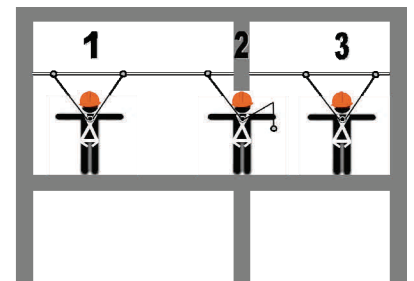
No other options: choose safest fall protection method (Travel Restraint, Fall Restricting, Fall Arrest)

Identify the assembly, maintenance and inspection procedures of the fall protection system to be used

Provide for the training and rescue of workers who will use the system

### **Maintain Tie Off To Anchor**

- When changing anchor points, maintain tie off at all times.
- In the example, a worker is working along a horizontal lifeline (1).
- When approaching the end of one anchor at column 2, the worker wearing a “Y” Lanyard maintains one tie off and disconnects the other and reconnects to the other anchor line. Next, the worker disconnects the last tie off at 2, and has reattached both tie offs to the anchor line 3.



## Inspect Your Equipment

**Webbing** - with hands 6"-8" apart, bend an inverted U and inspect entire length on both sides. Ensure no evidence of stretching, broken fibres, burns, excessive oil or greases. All looks good.

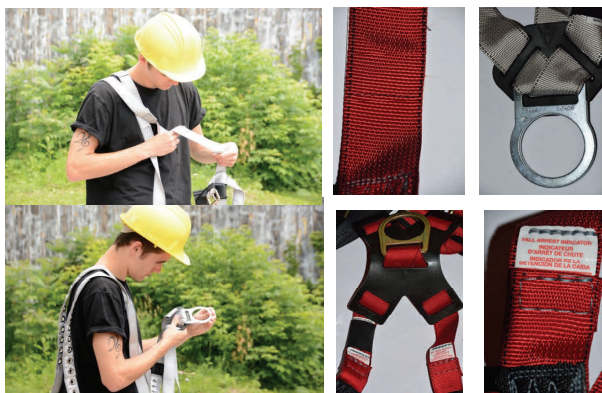
**Stitching** - no evidence of broken stitches.

**Crossover Plate** - no cuts, cracks, heat or chemical damage.  
Keeps "D" ring in position

**Buckles / Grommets** - no corrosion, not bent, no sharp edges,  
no cracks or distortion

**Dorsal "D" Ring** - no: corrosion, bends, sharp edges, cracks/distortion

**Fall Arrest Indicators** - intact and not deployed



## Adjust Your Harness

### Step 1

Hold harness by back D-ring. Shake harness to allow all straps to fall in place and release all buckles and straps.



### Step 4

Ensure legs straps secure just under buttocks to ensure no slack and secure seating.



### Step 2

Place arms through straps as putting on a vest with D-ring positioned between shoulder blades so that you can reach back and hold up. Leave chest strap undone at this time.



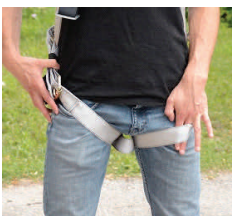
### Step 5

Connect chest strap and position at mid chest along nipple line. Snug to keep shoulder straps taugt to ensure you could not slip out of the harness.



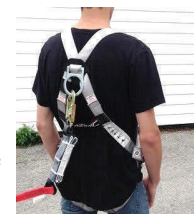
### Step 3

Pull leg straps between legs and connect to opposite end. Ensure no twists in straps and slide full open hand along the thigh where it should be snug around hand.



### Step 6

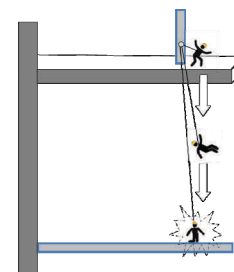
When connecting lanyard ensure the energy absorber end is always connected to the D-ring.



## Ensure Your Fall Distance Calculations

**Bottoming out** - happens when the total fall distance (RD) is greater than the distance to the ground (TD) or a lower level or other hazard. USE FORMULA:  $L+D+H+C=RD$  [RD must be less than TD]

(L) length of the lanyard + (D) deceleration distance once deployed (typically 3.5 feet—check manufacturer). (H) distance from the wearers feet to where the D ring is positioned; and, (C) the extra clearance required to accommodate for the extra 1.5 feet for safety and the usual 1 foot for D ring movement and material stretch ( $C=2.5$ ) - \*Important\* - Keep **free fall distance** to a minimum (less than 5 feet) SO that the maximum **arrest** force on the body **does** not exceed 8 KN.



## Choose Your Anchor Points

Anchorage means a secure point of attachment for lifelines or lanyards.

- Manufactured anchorage connectors must be able to withstand 22.2 KN (5,000 pound force) in all directions to resist fall
- **Work directly under anchorage to avoid a swing fall**
- Ensure anchorage height that won't allow a lower level to be struck in a fall
- Install (designed fixed or temporary fixed support) based on manufacturer instruction or under the direction of a professional engineer

