 <p>J-AAR EXCAVATING HEALTH, SAFETY & ENVIRONMENTAL PROGRAM</p>	Section: Safe Job Practices and Procedure – Working at Heights					
	Initial HIRA score		20		Residual HIRA score	10
	Critical Task?	Yes	Location(s)	Jobsites, Asphalt plant		REVISION # 1
	Description		Performing tasks which expose the worker to falls prescribed by the Regs.		# OF PAGES:	5

SAFE WORK PRACTICES

General


- Working at heights requires specialized training. Do not carry out this work if you are not properly trained
- Working at heights is considered a critical task by J-AAR. A job hazard assessment must be completed before commencing work
- Any unsafe conditions should be reported to your supervisor immediately
- If possible, protection from heights by a guardrail system is considered J-AAR's best practice
- If a guardrail system is not practicable then try to protect yourself with a travel restraint system. Fall arrest systems are a last resort
- If your anchor points are not engineered, ensure they are capable of absorbing 8 kilonewtons (1798 pounds) of force from a static load
- Calculate your distance from D-ring to ground. Ensure your system will stop you before you run out of room
- Calculate your swing area if your anchor point is not directly above you
- Inspect all components of your travel restraint or fall arrest system before every use. If any component is found to be defective immediately tag it and remove it from service
- All workers who use fall protection devices (including confined space work) are required to have valid working at heights training. If you do not have valid training inform your supervisor and they will find another task for you.
- Ensure there is a site-specific working at heights rescue plan before commencing work
- If a worker has their fall arrested, call 911 and your supervisor immediately

Surface Opening/Floor covering

- All surface openings must be protected by a guardrail or adequate, secured covering.

Guardrails

- Guardrails must consist of a top rail, mid rail, and toe board
- The top rail must be between 0.9m and 1.1m above the surface
- The mid rail must be located between the top rail and the toe board
- The toe board must extend from the surface at least 89mm
- The guardrail must be located no more than 30mm from the edge of the surface

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- Guardrails must meet the force requirements laid out in the regulation
- Posts may only be 2.4m apart

Travel Restraint

- Travel restraint systems prevent the worker from reaching a potential fall
- The system must be configured in such a way that when fully extended, the worker cannot reach the edge

Fall Arrest

- A fall arrest system aims to reduce the severity of injury by stopping a fall before the ground
- If a worker has their fall arrested, the MLTSD must be informed in writing within 48 hours.

Rescue Plan

- There must be a site-specific rescue plan in place if a fall may occur
- Do not begin work with the potential for a fall without a rescue plan


JOB HAZARD RISK ASSESSMENT			
Initial HIRA Score	Hazards	Controls	Residual HIRA Score
20	Inadequate Travel Restraint	<ul style="list-style-type: none"> • Workers must be competent in the tasks assigned to them • The distance between the anchor and edge must be calculated when assembling a travel restraint system • Proper WAH training • Correct equipment used • Other factors like sources of heat/extreme cold/tying off below the D-ring, must be taken into account when selecting travel restraint equipment 	10



Section: Safe Job Practices and Procedure – Working at Heights

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20	Inadequate Fall Arrest	<ul style="list-style-type: none"> Workers must be competent in the tasks assigned to them The fall distance and swing radius must be calculated when assembling a fall protection system A rescue plan must be developed Proper WAH training Correct equipment used Other factors like sources of heat/extreme cold/tying off below the D-ring, must be taken into account when selecting fall protection equipment 	10
20	Inadequate Travel Restraint	<ul style="list-style-type: none"> Workers must be competent in the tasks assigned to them The distance between the anchor and edge must be calculated when assembling a travel restraint system Proper WAH training Correct equipment used Other factors like sources of heat/extreme cold/tying off below the D-ring, must be taken into account when selecting travel restraint equipment 	10
20	Falls	<ul style="list-style-type: none"> PPE, which is CSA approved and appropriate for the task must be worn by a competent worker at all times they are exposed to a fall hazard Conduct a hazard assessment before beginning work to determine the correct fall protection needed for the specific task Proper WAH training 	10
20			10


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20	Improper equipment usage/installation	<ul style="list-style-type: none"> • Guardrails installed correctly in accordance with the Regs. • Anchors selected must be either engineered or capable of withstanding the forces outlined in the Regs. • Using fall equipment properly w/ WAH training • Proper WAH training 	5
20	Lack of Inspection	<ul style="list-style-type: none"> • WAH PPE should be visually inspected before every use and formally inspected at least monthly • Equipment like SRL's need to be revalidated at least annually depending on usage • Always consult the manufacturer's instructions for revalidation periods 	5
20	Lack of Training	<ul style="list-style-type: none"> • Workers must have valid, Ministry approved Working at Heights training if using fall protection devices. 	5
20	Lack of Planning	<ul style="list-style-type: none"> • Workers must be competent for the tasks assigned to them • Working at heights rescue plans must be available before starting work where a fall may occur • Rescue equipment must also be available and in good condition before beginning work 	5

SAFE WORK PROCEDURES

Planning

1. Working at Heights requires specialized training. Ensure all workers involved in the task are properly trained
2. Conduct a job hazard assessment. Working at heights is considered a critical task
3. Calculate any fall distances/swing radius for fall arrest

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4. Ensure that all PPE/WAH equipment identified in the hazard assessment is available
5. Inspect all PPE and WAH equipment, anything found to be defective should be tagged and removed from service immediately
6. Ensure there is a working at heights rescue plan in place and all workers know their assigned roles/responsibilities for any fall that may occur
7. The preferred method of control for tasks being done at heights is guard rails. Only if installing guard rails is not practicable should other methods be used.
8. Following guard rails, travel restraint is preferred
9. Lastly consider fall arrest

During the task

1. If removing a guardrail/protective device that is normally there; first danger tape off the area and put-up adequate danger due to signage
2. Fall protection must be used at all times after guardrail removal
3. Fall protection must be used at all times on PEWPs
4. Ensure selected anchor points meet the requirements set out in the Regs
5. Ensure any protective devices are replaced and re-secured if removed
6. Guardrails are to be installed/re-installed by a competent worker

If a Fall is Arrested

1. Call 911
2. Inform J-AAR supervision
3. Put the working at heights rescue plan into effect
4. Make sure no other workers are put in harm's way while carrying out the rescue
5. Ensure a debrief takes place with all workers involved
6. Inform the Ministry within 48 hours per O. Reg 420/21

End of Task

1. Ensure all PPE/WAH equipment is safely stored per the manufacturer's instructions
2. Housekeeping as required