HEALTH, SAFETY & ENVIRONMENTAL MANUAL	12.11.11 Working at Heights – Critical Task Procedure				
	Initial HIRA Score:	20	Residual HIRA Score:	10	Critical Task: **Yes**
	Program: **11.11**				
	Revision Number: **R0**		Number of Pages: **5**		
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CRITICAL TASK PROCEDURE

Working at Heights

General

- Working at heights requires specialized training. Do not carry out this work if you are not properly trained. In Ontario for construction projects, an approved work at heights program must be completed.
- Working at heights is considered a critical task. A fall protection plan and rescue plan must be completed.
- Calculate any fall distances/swing radius for fall arrest.
- Any unsafe conditions must be reported to your supervisor immediately.
- If possible, protection from heights by a guardrail system is considered best practice.
- If a guardrail system is not practicable then protect yourself with a travel restraint system, fall restricting or fall arrest system.
- Ensure that all PPE/WAH equipment identified in the plan is available.
- Inspect all components of your fall protection before every use.
- If any component is found to be defective immediately tag it and remove it from service.
- 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.
- If a worker has their fall arrested, call 911 and the supervisor immediately.

During the Task

- Fall protection must be used at all times after guardrail removal.
- Fall protection must be used at all times on PEWPs.
- Ensure selected anchor points meet the requirements set out in the Regulations or as approved by supervisor.
- Ensure any protective devices are replaced and re-secured if removed.
- Guardrails are to be installed/re-installed by a competent worker.

If a Fall is Arrested

- Call 911
- Inform supervisor
- Put the working at heights rescue plan into effect.
- Make sure no other workers are put in harm's way while carrying out the rescue.
- Ensure a post-incident review takes place with all workers involved.
- Inform the Ministry of Labour within 48 hours as per O. Reg 420/21.

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CRITICAL TASK PROCEDURE

End of Task

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

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. See "Working at Heights- Rescue Plan" section in the HSE Manual for the plan template.

PROCEDURES

Someone is found suspended in a fall arrest system.

1. The roles of the emergency rescue team shall be determined on the rescue plan and posted in the workplace to avoid confusion.
2. Notify J-AAR supervision immediately. They will implement the site-specific rescue procedure.
3. Call 911
4. Once the emergency team has arrived at the scene everyone not involved in the rescue procedure must vacate the area. Having many people around will only cause congestion and confusion during the rescue process and may impede EMS' ability to get to the area.

Power Elevated Work Platform (PEWP) Rescue.

If a PEWP is available on site, and a member of the rescue team is trained in it's use and operation this should always be the first option for rescue, unless an alternative is planned.

The rescuer shall never expose themselves to a fall hazard. They must be wearing a harness with lanyard while operating the PEWP.

They can bring a second lanyard with them while performing the rescue.

1. A worker must call 911 and wait for them at the gate/clearly marked intersection.
2. Position the PEWP in an area where the basket can reach the suspended person.
3. Have another worker secure the scene.
4. Slowly raise the basket of the PEWP towards the suspended person until they are within the guardrails.
5. Attach the second lanyard to the rescued worker and secure it to the PEWP.
6. Remove the original fall protection device from their D-ring.
7. Carefully lower the basket to the ground.
8. Once at ground level administer first aid.
9. Monitor the rescued person until EMS arrives.

Ladder Rescue

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CRITICAL TASK PROCEDURE

Ladder rescue is only viable if the suspended person is conscious and able to use their legs.
Have a member of the ERT call 911 and meet them at the gate/clearly marked intersection. Have a member of the ERT secure the incident area.

1. The area around the suspended person must be cleared of all unnecessary activity.
2. Position an extension ladder near the suspended worker.
3. Secure the top and bottom of the ladder.
4. Instruct the suspended person to mount the ladder.
5. If they are attached to a lifeline which descends to the ground have them slide their rope grab up to release it and slowly descend the ladder.
6. If attached to an SRL, release the tension by having the rescued worker step up on the ladder.
7. Monitor the rescued person until EMS arrives.
8. If there is no way to protect the person on the ladder from another fall have them stay on the ladder until EMS arrives. This will allow for them to move somewhat. Greatly reducing the risks of suspension trauma.
9.

Rollgliss

A rescue using the Rollgliss system has the greatest exposure to hazards for both rescuers and the suspended person. Attempt use only if there are no other viable options.
Have a member of the ERT call 911 and meet them at the gate/clearly marked intersection. Have a member of the ERT secure the incident area.

1. The area around the suspended person must be cleared of all unnecessary activity.
2. Find an appropriate anchor point for both the rescuer and the Rollgliss system.
3. Throw the bag with the rope to the ground.
4. Attach the Rollgliss to the worker in need of rescue. Use either their sternal or dorsal D-rings. Use the telescopic pole if needed.
5. Remove slack from the unit. Slowly turn the wheel in the direction required to raise the worker slightly. This will remove any slack in the system.
6. If required raise the worker high enough that an SRL would release its tension or enough to remove the old lifeline if it would prohibit the rescue.
7. Make sure the rope is correctly placed around the pigtail and in the cleats for the brake.
8. Position the worker so they can slowly descend and release the brake. The pigtail and rope can be used to slow the descent further, the Rollgliss will not allow a descent faster than 3 feet per second.
9. Alternatively the rescued worker can be raised to a safe surface if needed.

CRITICAL TASK PROCEDURE

Suspension Trauma

If someone has had their fall arrested by a fall arrest system, there is a high potential for them to suffer from suspension trauma or orthostatic intolerance. This is a serious condition which may result in death. The vertical position which the suspended person remains in for a long period of time after having their fall arrested can lead to pooling of blood in the legs. A prolonged or poorly executed rescue may result in the suspended person suffering cardiac arrest.

Equipment such as harness relief straps can be utilized as a first step in the prevention or delay of suspension trauma. They allow the suspended person to shift their weight from one leg to the other and keep their blood from pooling.

JOB HAZARD RISK ASSESSMENT

Initial HIRA Score	Hazards	Controls	Residual HIRA Score
20	Inadequate Travel Restraint	• Workers must be competent for the tasks assigned to them. • A fall protection plan must be developed. • 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
6	Fall Protection	• Consult J-AAR's SWP for Working at heights • Workers must be tied off 100% of the time while exposed to a fall of greater than 10 feet. J-AAR has 0 tolerance for working at heights infractions • Always inspect all components of your fall prevention or arrest system before use. Tag and remove any defective components from service • Specalized training is required • Ensure there is a site-specific working at heights rescue plan in place before commencing work • Anchor points must meet or exceed the requirements found in O.Reg213/91 S.26 • Whenever possible use a travel restraint system. If this is not possible ensure that all components of the fall arrest system are appropriate for the task (leading edge work; approprate lengths for travel distance/swing, etc.) • Never work at heights alone	4

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20	Improper equipment Usage/Installation	• 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	10
20	Lack of Inspection	• WAH PPE shall be visually inspected before every use and formally inspected at least monthly. • Equipment like SRL's need to be inspected at least annually depending on usage. • Always consult the manufacturer's instructions for inspection periods	5
15	Lack of Training/Communication	• All operators must be qualified/competent. • Ensure a site-specific orientation has been attended by all crew members. • Ensure JHA carried out before commencing task	5
8	Poor Site Planning	• Every Project shall be planned and organized so that vehicles, machines, and equipment are not to be operated in reverse or operated in reverse as little as possible.	4