

GUARDRAIL & BARRIER SETUP SAFE WORK PRACTICES

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OH&S CODE Part 9 & 22, Section 315

Fall protection consists of guardrails, fall restraint, and fall arrest. Fall protection must meet provincial standards.

A fall protection system must be used where a fall of 3 metres (9.84 ft.) or more may occur, or where a fall of less than 3 metres (9.84 ft.) involves a risk of injury greater than the risk of injury from the impact on a flat surface.

Many construction site areas such as scissor lifts, scaffolds, openings, holes in floors, or holes in roofs require fall protection. The work heights at which fall protection is mandated are outlined in the regulations of the authority having jurisdiction in the province in which the work is being done.

When a site-specific fall protection plan is required, complete the (C-5) *Fall Protection & Rescue Workplan* form.

FALL PROTECTION SAFE WORK PRACTICES

Observe these fall protection safe work practices:

- Inspect harnesses and lanyards daily for wear and tear of straps and buckles
- Take harnesses and/or lanyards out of service if any damage is found
- Workers using fall protection must be trained in its use
- Use, at minimum, a 5-point CSA safety harness complete with CSA approved lanyard
- The length of the lanyard must meet provincial regulations
- Lifelines must meet provincial regulations
- Fall protection is required when riding in, or working from, an aerial device or elevated work platform
- Workers in man-baskets must secure their lanyard to the crane cable above all other attachments
- If, during the erection or dismantling of a scaffold, there is nothing that a lanyard can be tied off to, the worker on top is allowed to work without an attached lanyard
- Workers on a flat roof must be protected from falling if the work is within 2 metres (6.56 ft.) of the edge
- Work at a distance greater than 2 metres (6.56 ft.) from the edge of a flat roof requires a warning system indicating the 2-metre edge
- Openings and holes through roofs or floors must have a guardrail and a toe board, or be covered with a cover strong enough to support any load placed on it, must be anchored and secured, and must be marked with a warning sign indicating nature of hazard (but the cover will not be considered a solid surface)
- Safety harnesses, shock absorbing lanyards, and lifelines exposed to a fall must be removed from service and all components must be destroyed
- Before each use, all fall arresting/restraint protection equipment must be inspected by the user

ASSURANCE CONSTRUCTION SERVICES

- All fall arresting/restraint protection equipment must be inspected completely as per manufacturer's specifications, or every year, whichever is more frequent

Guardrails are the first and best component in a fall protection system and must be used wherever practical. They can be made of wood or metal and either manufactured at the work site or pre-engineered.

Guardrails safe work practices

Consult provincial regulations for details.

In general, follow these guardrail safe work practices:

- Install guardrails for work over water if a drowning hazard exists (Ask the Supervisor to contact the appropriate provincial authorities if you have a concern in this regard)
- Guardrails must have top rails, mid-rails, and toe boards that meet provincial requirements
- If wire rope is used as an alternative to rails, it must meet provincial requirements
- If it is impractical to use fall-prevention devices such as guardrails, use fall-arresting devices
- If fall-prevention devices must be removed for work to proceed, obtain permission to remove them from the Supervisor
- When fall-prevention devices are temporarily removed, workers must be protected by fall-arresting equipment
- Replace guardrails and barricades that have been temporarily removed as quickly as possible
- Openings and holes through roofs or floors must have a guardrail and a toe board or be covered with a cover (strong enough to support any load placed on it) that is anchored, secured, and marked with a warning sign indicating the nature of the hazard (but the cover will not be considered a solid surface)

