

FALL PROTECTION

Falls from elevation are one of the leading causes of injuries to construction workers. Fall protection systems must be used:

- When there is a possibility of a fall of 3m (10ft) or more, OR
- Where a fall from a height of less than 3m (10ft) involves a risk of injury greater than the risk of injury from the impact on a flat surface



Many workers believe they have time to regain their balance before they fall. This belief is not always correct. The following table shows how far you can fall in just a few seconds.

Time (seconds)	Distance (metres)	Distance (feet)
0.5	1.2	4
1	5	16
2	11	36
2.5	31	100
3	44	144
4	78	256

- ✓ Each workplace must be assessed for potential fall hazards. When fall hazards cannot be eliminated, the use of guardrails and fall-protection systems must be used
- ✓ Don't forget to always inspect your fall protection equipment before each use
- ✓ Decide which fall protection system is appropriate for the situation: guardrails, fall restraint, fall arrest or other written procedures in accordance with the Occupational Health and Safety Act.
- ✓ If you have any doubts as to which fall protection system is most practical, ask your supervisor or OH&S representative.