

# WORKING AT HEIGHTS

## WHAT YOU NEED TO KNOW

- Falls are a major cause of injury and death in Ontario workplaces.
- Most of these injuries and deaths have occurred because fall protection was either missing, not being used, or not being used properly.
- The Working at Heights training program is an effort to reduce such deaths and injuries from falls.

### HAZARD RECOGNITION:

- How to eliminate a hazard through design, engineering controls and workplace procedures
- The initial task is to recognize working at heights hazards and any other hazards that workers may be exposed to, i.e. falling into water or another liquid, falling into electrical equipment, falling into machinery, or falling into hazardous substances



### HAZARD ELIMINATION:

- If it is not possible to re-engineer the process or eliminate the hazard, the first method of all protection is guardrails. One major advantage of guardrails is they are a collective fall protection device. Another advantage is that they do not have any moving parts that may wear or break. Guardrails can be permanent or temporary depending on the requirements in the area.



### TRAINING:

SIGN UP TODAY FOR WORKING AT HEIGHTS CERTIFICATION AT:

[WWW.SAFELINEGROUP.CA/WAH](http://WWW.SAFELINEGROUP.CA/WAH)

### ONTARIO REGULATION:

**26.1 (1)** A worker shall be adequately protected by a guardrail system that meets the requirements of subsections 26.3 (2) to (8). O. Reg. 145/00, s. 12.

(2) Despite subsection (1), if it is not practicable to install a guardrail system as that subsection requires, a worker shall be adequately protected by the highest ranked method that is practicable from the following ranking of fall protection methods:

- 1. A travel restraint system**
- 2. A fall restricting system**
- 3. A fall arrest system**
- 4. A safety net**