

Petroleum Oriented Safety Training Best Practices



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Working at Heights Equipment

▲ WORKING AT HEIGHTS - EQUIPMENT

Falls are a major cause of injuries and fatalities in Canada each year.

Most injuries and deaths occur because Personal Fall Protection Equipment was:

- not available,
- available but not used, or
- used, but not used properly

POST considers Work at Heights activity where worker's feet are more than 1.8 metres above grade, floor or surface.

▲ FALL PROTECTION EQUIPMENT

Examples of Personal Fall Protection Equipment

Harnesses: 5 Categories:

A=Fall Arrest;

D=Controlled Descent;

E=Confined Space;

L=Ladder use;

P=Work positioning

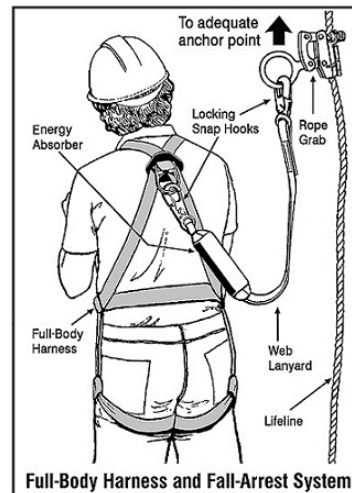


Lanyards: Shock Absorbing for Fall Arrest; Non-Shock Absorbing for travel restraint; Self-retracting

Lifelines: Vertical, Horizontal, Retractable or Static

Rope Grabs: Used in conjunction with Lifelines

Anchors: Must be engineered



Courtesy of IHSA

▲ INSPECTION OF EQUIPMENT

Workers must be able to properly inspect and identify deficiencies with the equipment and exercise their right-to-refuse to use sub-standard equipment as well as understanding their legal obligation to report the deficiencies.

Employers/Supervisors are prohibited from threatening or dismissing a worker for exercising these rights.

Defective, Personal Fall Protection Equipment must be destroyed.

Some jurisdictions require certification to inspect equipment.

▲ RELIEF STEP SAFETY DEVICE

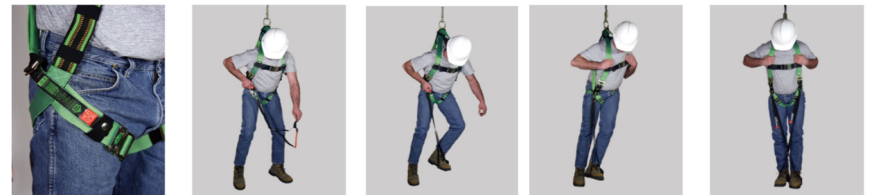
Workers, who have been saved from a fall by use of a harness are susceptible to a condition known as Suspension Trauma.

If left hanging for more than a few minutes, blood pools in the legs resulting in loss of consciousness and if left for too long, it can result in death.

Post rescue death can also occur if the victim is laid down too soon...the heart cannot handle the rush of blood all at once. This stresses the importance of receiving the proper working at heights training.

To prevent suspension trauma, a Relief-Step Safety Device can be used.

The device attaches easily to any Full-body harness and allows the user to stand ensuring proper blood flow.



Relief Step Safety Device

▲ FALL PROTECTION PLANS

Employers must develop a fall protection plan. Arresting a Fall is the main part, but not the only part, to ensure safety while working at heights.

A fall protection plan is a pre-planned strategy or procedure, designed to safely retrieve someone who has fallen from height and is suspended in a harness. It provides information about the type and location of equipment that are vital in the rescue process. Visit www.POSTtraining.ca/post-best-practices for information on Fall Protection Plan templates.