

# Working at Heights Equipment



Falls cause numerous injuries and deaths in Canada each year. Most incidents occur due to the absence of Personal Fall Protection Equipment, its non-use, or improper use.

POST defines Work at Heights as activities performed at a height **exceeding 1.8 meters above grade, floor, or surface.**

## Fall Protection Equipment

### Harnesses

5 Categories **ADELP**:

- 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; Selfretracting

### Lifelines

Vertical, Horizontal, Retractable or Static

### Rope Grabs

Used in conjunction with Lifelines

### Anchors

Must be engineered



## Inspecting Equipment

Workers must inspect and identify equipment deficiencies, **refuse to use sub-standard equipment**, and report any issues as required by law.

- ⚠ Employers/Supervisors cannot threaten or dismiss workers for exercising their rights
- ⚠ Defective, Personal Fall Protection Equipment must be destroyed
- ⚠ Some jurisdictions require certification to inspect equipment

## Relief Step Safety Device

Avoid risk of **Suspension Trauma.**

- ⚠ Prolonged hanging causes blood to pool in the legs, leading to **unconsciousness and potentially death.** Additionally, if the victim is laid down immediately after rescue, the rush of blood can overload the heart—**leading to death.**

To prevent suspension trauma, use a **Relief-Step Safety Device.**

Allows the user to stand, ensuring proper blood flow.



## Fall Protection Plans

A fall protection plan is a pre-planned strategy—it includes essential information about **equipment types and locations needed for the rescue process.**