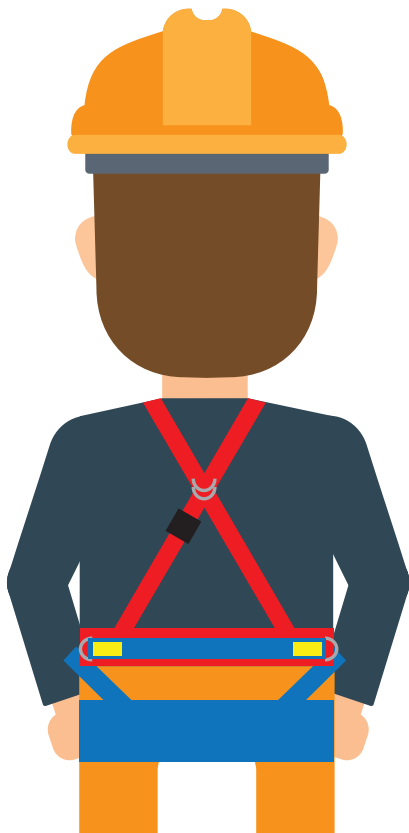


WORKING AT HEIGHTS WEAR THE CORRECT GEAR

WHEN WORKING AT HEIGHTS IT IS IMPORTANT TO ALWAYS WEAR THE APPROPRIATE GEAR.

- ENSURE YOU HAVE BEEN PROPERLY TRAINED
- KNOW THE MANUFACTURER'S INSTRUCTIONS
- SELECTING THE CORRECT HARNESS CLASS
- SELECTING THE CORRECT HARNESS SIZE
- DO THE MATH, LANYARD LENGTH IS IMPORTANT
- KNOW YOUR ANCHOR POINTS



BC Forest Safety

Safety is **good** business

WORKING AT HEIGHTS

WEAR THE CORRECT GEAR



THINGS TO CONSIDER WHEN SELECTING AND USING YOUR FALL PROTECTION GEAR:

- 1) PRIOR TO USING AND FALL PROTECTION GEAR YOU SHOULD ASK YOURSELF IF YOU HAVE RECEIVED PROPER TRAINING BY A QUALIFIED PERSON ON THE EQUIPMENT YOU ARE ABOUT TO USE AND THE METHOD YOU ARE USING IT FOR.
- 2) WHEN SELECTING YOUR EQUIPMENT IT IS VERY IMPORTANT TO UNDERSTAND THE MANUFACTURES INSTRUCTIONS TO ENSURE THAT THE EQUIPMENT YOU HAVE SELECTED IS APPROPRIATE FOR THE SYSTEM YOU ARE GOING TO BE USING IT FOR AND WHERE IT IS GOING TO BE USED. BE SURE TO KNOW WHERE THE LOCATION OF THE MANUFACTURES INSTRUCTIONS ARE IN CASE YOU NEED TO REFERENCE THEM.
- 3) WHEN SELECTING YOUR LANYARD BE CONSIDERATE OF THE LENGTH OF LANYARD YOU HAVE SELECTED AND HOW LONG THE SHOCK ABSORBER/DECELERATE WILL DEPLOY IN A FALL. MAKE SURE YOU DO THE MATH, ADD YOUR HEIGHT, THE LENGTH OF THE LANYARD INCLUDING THE SHOCK ABSORBER/DECELERATE DEPLOYED AND SUBTRACT THE DISTANCE TO THE GROUND SURFACE BELOW.

LENGTH OF LANYARD + DECELERATION DISTANCE + HEIGHT OF WORKER – DISTANCE TO THE GROUND = +2FT

- 4) WHEN SELECTING YOUR HARNESS BE SURE TO SELECT THE CORRECT TYPE OF HARNESS FOR YOUR TASK. THERE ARE MANY DIFFERENT CLASSES OF HARNESSES FOR EXAMPLE CLASS A, D, E, L AND P.
 - CLASS A: FALL ARREST;
 - CLASS D: SUSPENSION AND CONTROLLED DESCENT;
 - CLASS E: LIMITED ACCESS;
 - CLASS L: LADDER CLIMBING; AND
 - CLASS P: WORK POSITIONING
- 5) WHEN SELECTING YOUR HARNESS BE SURE TO SELECT THE CORRECT HARNESS SIZE, AS HARNESSES DO COME IN DIFFERENT SIZES. THE SIZE OF THE HARNESS IS VERY IMPORTANT AS A HARNESS THAT IS TOO BIG MAY CAUSE THE WORKER TO FALL OUT OF THE HARNESS AND TOO SMALL MAY AFFECT THE WORKER MOBILITY CAUSING OTHER HAZARDS.
- 6) WHEN SELECTING YOUR ANCHOR POINT IT IS IMPORTANT TO KNOW THE SYSTEM YOU ARE GOING TO BE USING IT FOR. THIS IS BECAUSE THERE ARE DIFFERENT LOAD CAPACITY REQUIREMENTS FOR FALL ARREST OR FALL RESTRAINT SYSTEM. WHEN TYING OFF TO TEMPORARY ANCHOR POINT ALWAYS ENSURE TO SELECT AN ANCHOR POINT AS HIGH ABOVE YOU AS POSSIBLE TO REDUCE THE FALL DISTANCE.