

# GUARDRAILS AND HEIGHTS

Guardrails are a common fall protection safeguard for workers. They are typically stationary or fixed physical barriers used to protect workers from falls when working at or near heights. Well-built guardrails are a reliable and convenient means of fall protection.

## THINGS TO CONSIDER WHEN WORKING NEAR EXPOSED AREAS OR HEIGHTS:

- **GUARDRAIL LOCATIONS**
- **REMOVAL OF GUARDRAILS**
- **WHEN IS ADDITIONAL FALL PROTECTION REQUIRED?**



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## GUARDRAIL LOCATIONS

Areas accessible to workers must have proper guardrails or guards installed if they fall into the following categories:

- Walking/work surface that is 1.5m (4ft) or more above ground level
- Walking/work surface that extends over a hazard (substance or machinery)
- Around the perimeter of an open container 1.5m (4ft) or more in depth with container sides that don't extend higher than a guardrail would above the work surface)
- Walkways/stairways that end close to a hazardous entry area

If you see an area that does not meet the requirements listed above or see a maintenance issue on an existing guardrail, contact your supervisor to ensure the installation or maintenance of the guardrail is actioned. Keep yourself and others safe by making your supervisor and fellow employees aware of height hazards.

## REMOVAL OF GUARDRAILS

If removal of guardrails is required to complete work:

- Only the necessary portion of the guardrail should be removed
- The area should be visually and physically marked to make others aware of the hazard
- Workers exposed to any fall hazards must be protected by another fall protection system if the guardrail is removed
- The guardrail must be replaced if area is left unattended

## WHEN IS ADDITIONAL FALL PROTECTION REQUIRED?

A fall protection system must be used when working at a height above 3m (10ft) 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.

- Be aware of stairs, walkways and work areas
- Know which areas have guardrails and why
- Identify areas that could use additional guardrails or fall protection to keep workers safe

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