

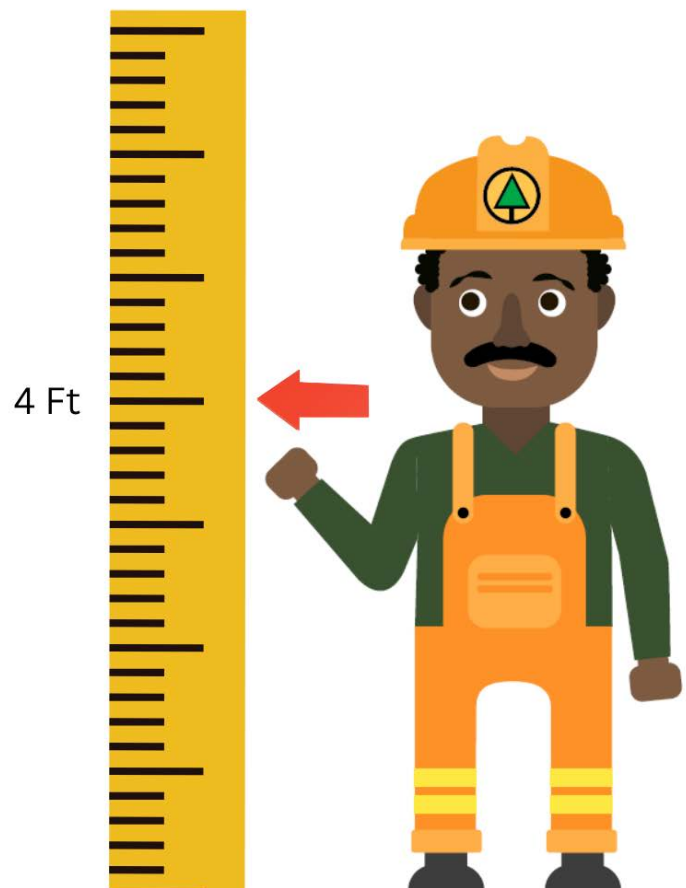
FALL HAZARDS FROM HEIGHTS OF FOUR FEET OR MORE

Falls from heights can result in serious injuries, even when working only a few feet off the ground. In manufacturing environments, a fall from as little as four feet can generate enough force to cause fractures, head injuries, sprains, strains or other serious injuries.

The risk becomes even greater when equipment, moving machinery, stored materials, open tanks, pits or uneven surfaces are in the fall zone.

KNOW HOW TO ELIMINATE A FALL RISK:

- COMMON FALL HAZARDS
- BEFORE WORK STARTS
- SAFE WORK PRACTICES



BC Forest Safety

Safety is **good** business

FALL HAZARDS FROM HEIGHTS OF FOUR FEET OR MORE



COMMON MANUFACTURING FALL HAZARDS

- Working from ladders, step stools, platforms, mezzanines, racking or machine access points.
- Climbing on equipment, pallets, forklifts, bins, conveyors or other surfaces not designed for access.
- Unprotected edges, floor openings, maintenance pits, tanks, hoppers or loading docks.
- Slippery, wet, oily, dusty, cluttered, or uneven walking and working surfaces.
- Carrying tools, materials or equipment while climbing, which can affect balance and reduce hand contact.
- Rushing, overreaching or leaning beyond the safe limits of a ladder, platform or work area.

BEFORE WORK STARTS

- **Eliminate the hazard:** Bring the work to ground level or use a different method that removes the need to work at height.
- **Use guardrails or similar protection:** Guardrails, covers, gates, toe boards and barriers are the preferred controls when fall hazards cannot be eliminated.
- **Use a fall restraint:** These systems prevent workers from reaching an unprotected edge or other fall hazard.
- **Use a fall arrest:** A full-body harness, lanyard or lifeline and approved anchor point should only be used when other controls are not practical and the worker has been properly trained and authorized.
- **Follow safe work procedures.** When other controls are not practical, work procedures must minimize the risk of injury and comply with WorkSafeBC requirements.
- **Put rescue procedures in place:** If a fall arrest system is being used, ensure rescue procedures, equipment and responsibilities are clearly identified before work begins.

SAFE WORK PRACTICES

- Maintain three points of contact when climbing or descending.
- Face the ladder or stairs while climbing.
- Never stand on the top step of a ladder or on guardrails, pallets, forklift forks or machine frames.
- Do not carry tools or materials in both hands while climbing. Use a tool belt, hoist or another safe method to move materials.
- Keep your body centred between ladder side rails at all times.
- Inspect ladders, platforms, guardrails, anchors, harnesses and lanyards before use.
- Stop work and report missing guardrails, damaged equipment, open floor openings, blocked access routes or unsafe walking and working surfaces.

REMEMBER

If the job cannot be done safely from the ground or using approved access equipment, stop and ask for help before proceeding. No task is so urgent that it should be done unsafely.

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