



Risk Control

Fall Prevention

Take Steps to Reduce Fall Exposures and Associated Costs

According to 2017 data from the Association of Workers' Compensation Boards of Canada (AWCBC), there were 48,891 lost-time injury claims related to workplace falls across Canada, with 63 falls resulting in a fatality. Workplace falls are therefore a serious threat to employees and businesses alike. For workers, falls are the leading cause of workplace fatalities and debilitating injuries. For employers, falls create millions of dollars in lost time, compensation and lawsuits. However, with the right combination of planning, personal protective equipment, systems and education, falls are preventable.

At CNA, we're committed to the safety of your worksites, and more importantly, your employees. That's why we're here to provide tips and best practices for eliminating fall exposures.

Helping Contractors Cover What Matters Most

The Canada Occupational Health and Safety Regulations (COHSR) 12.07 (1) requires that an employer must provide or put in place a fall protection system if work is to be performed at a height of three metres (approximately 10 feet) or more. Furthermore, the regulations require that personal fall protection systems and components of a personal fall protection system meet various requirements of the Canadian Standards Association (CSA) Z259 group standards. The applicable standard is specified in Sections 12.09 (1) and (2) of the regulations.

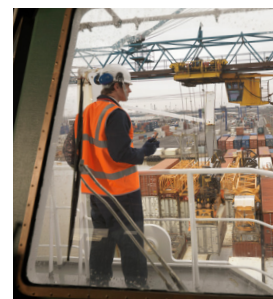
Canada Occupational Health & Safety Regulations (12.06 (4)) articulate the elements of a fall protection plan and the preferred order of controls to eliminate or reduce fall hazards from the best solution to the worst. If a fall hazard cannot be eliminated, the following are four solutions to reduce fall hazards in order of priority.

1. Passive Fall Prevention

Passive fall prevention focuses on the use of equipment to keep you and your employees away from a fall hazard. This doesn't require workers to be actively involved, but instead places physical barriers, such as guardrails and safety gates, between workers and the fall hazards.



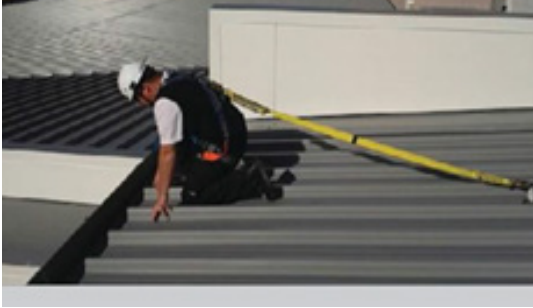
Portable construction



Guardrail

2. Fall Restraint

Fall restraint systems prevent falls from happening by tethering a worker wearing a body harness to an anchor point by a lanyard in such a way that the fall hazard cannot be reached by worker movement.



Fall restraint using roof anchor

3. Fall Arrest

Fall arrest equipment does not prevent falls, but arrests them before a worker contacts the ground or other structures. This is an active method of using an anchor point, connectors (lanyard, self-retracting lifeline, rope grab, etc.) and a full body harness.



Lanyard



Self-retracting lifeline



Full body harness



Anchor points

4. Fall Hazard Zone

A fall hazard zone is a buffer area where your workers can safely work without fall protection equipment near a fall hazard. A monitor must supervise any activity in this zone.

Resources

Canadian Centre for Occupational Health and Safety (CCOHS).
Prevention of Slips, Trips and Falls

Canada Occupational Health and Safety Regulations,
Part XII – Protection Equipment and Other Preventive Measures.
12.06-12.09

For more information, please contact your local CNA Risk Control Consultant or visit cnacanada.ca.