



SAFE WORK

S SPOT THE HAZARD
A ASSESS THE RISK
F FIND A SAFER WAY
E EVERYDAY

Many workers believe they can regain their balance before they fall – but this is not always the case. Falls happen quickly and can surprise people who have worked at heights most of their lives. In fact, most fall injuries occur when people become comfortable with heights and complacent with safety procedures.

People often don't think about safety until there is an injury. But we all have a moral, legal and financial obligation to do so. You never know when your safety measures will save your life.

REDUCING INJURY AND ILLNESS EVERYWHERE

SAFE Work is part of the SAFE Manitoba program strategy - a joint initiative between the Workers Compensation Board of Manitoba, the Manitoba Government and several injury prevention partners. Together, they are working to keep Manitobans safe at home, at work, at school, on the farm, on our roads and in every part of our lives.



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For more information on SAFE Work or any workplace safety and health program, visit:

WWW.SAFEMANITOBA.COM

or call 957-SAFE in Winnipeg

or 1-866-929-SAFE outside Winnipeg



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FALL PROTECTION



Fall protection systems

Guardrails

Guardrails act as a visible and structural barrier to stop you from falling from roof to ground, level to level or down stairwells.

For example:

- Wood frame
- Pre-manufactured

Travel Restraints

Travel restraints prevent you from falling by keeping you within one metre of an edge or opening. They should be used when placing or removing guardrails, when workers are working at multiple levels and when performing maintenance like checking the heating or cooling systems of buildings.

For example:

- Safety harness, lanyard and anchor

Fall Arrest

Fall arrest protects you when you fall, by stopping your fall before you hit the surface below. They should be used in construction project sites (including roofing) where workers are working at heights three metres or greater.

For example:

- Harness, lanyard, shock absorber or retractable life line, rope grab and anchor

Falls account for approximately
15% of all injuries & fatalities
in Manitoba workplaces

Quick Tips for your fall protection



1. Training is important. Ensure everyone in your workplace receives theory, practical and competency training for fall protection.
2. Learn how to properly adjust your harness. Improperly adjusted harnesses often lead to injury.
3. Keep your harness attached to your anchor at all times. Your anchor must be able to withstand 5000 lbs of force.
4. Check your approved lanyard length. A correct lanyard length for your working height will keep you from hitting the surface below if you fall.
5. Check your lanyard. Ensure it's properly connected to your harness, life line and double-locking snap hooks.
6. Ensure your rope grab moves freely over the life line. Adjust your rope grabs as you move along in your work.

Requirements of the Workplace Safety and Health Act

Manitoba Regulation 217/2006 states that when the use of a guardrail system is not practical or would not be effective, an employer must ensure the worker is protected by at least one of the following:

- A travel restraint system
- A fall arrest system
- A safety net
- Another fall protection system approved by the director

To help eliminate injuries from falls, employers are required to:

- Develop and implement safe work procedures to prevent falls at the workplace
- Train workers in the safe work procedures
- Ensure workers comply with safe work procedures

Specific action must be taken to help eliminate fall injuries at workplaces where there is a risk of a worker falling. For details on when fall protection is required, refer to Part 14, Fall Protection, of the Manitoba Workplace Safety and Health Regulation, available through

www.safemanitoba.com.

