

Working at Heights

Working at heights of 2 meters (6 feet) or higher above the ground cannot proceed unless:

- A fixed platform is used with guard or hand rails, verified by a competent person(s) or...
- Fall arrest equipment is used that is capable of supporting at least a 2275 kg (5000 lbs) static load per person and has:
 - a proper anchor mounted, preferably overhead
 - a full-body harness using double-latch, self-locking snap hooks at each connection
 - synthetic fiber lanyards
 - shock absorber
- Fall arrest equipment will limit free-fall to 2 meters (6 feet) or less
- A visual inspection of the fall arrest equipment and system is completed and any equipment that is damaged or has been activated is taken out of service
- Person(s) are competent to perform the work

Are you trained and competent to perform this work? You have an obligation to stop the work if it's unsafe.