



## Working At Heights

# Quick Reference Guide

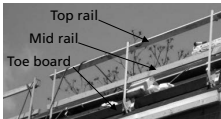
### HIERARCHY OF CONTROLS

#### Control at the source—most effective



- Eliminate fall hazard
- cover floor openings
  - working from ground level

#### Control along the path



- Blocks fall hazard
- guardrails
  - barriers
  - travel restraint

#### Control at the worker—least effective



- Stops impact
- fall restricting
  - fall arrest
  - safety net

Every attempt must be made to install guardrails before using PPE.

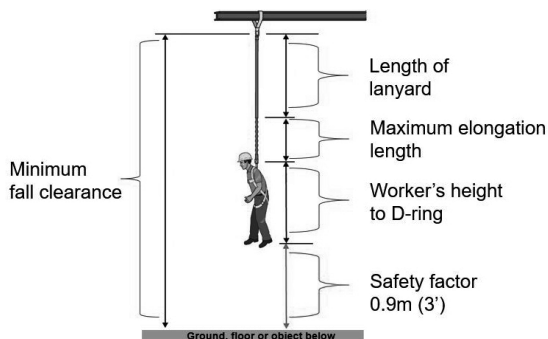
### EQUIPMENT INSPECTION CHECKLIST

Check harness, lanyard, lifeline and anchor for	CHECKED
Manufactured Date	
CSA/ANSI compliance	
Capacity	
Correct size	
Has not been in a fall	
Excessive dirt, grease, oil	
Discolouration	
Abrasions, breaks, cuts	
Broken or loose stitches	
Burns	
Fraying	
Bent	
Loose fittings	
Malfunctioning parts	

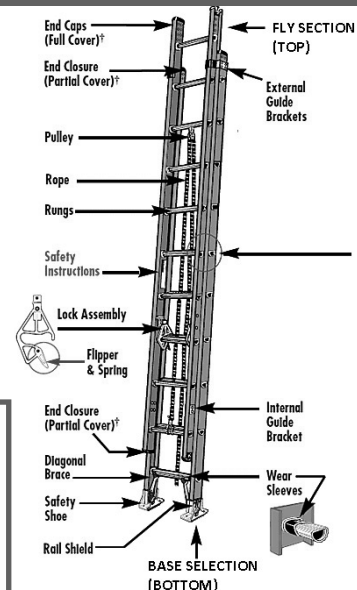
### CALCULATING FALL CLEARANCE

Fall clearance is the distance needed between the anchor point and the ground below (or object) to ensure a falling worker does not hit anything. Fall clearance varies depending on a worker's height, length of lanyard and the length of deployment.

By moving the anchor point higher or using a shorter lanyard a worker may be able to create the needed distance.

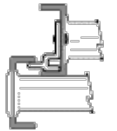


### INSPECTION OF LADDERS



**NOTE:**  
wooden ladders  
must not be  
painted.

#### Interlocking Side Rails



#### ALFLO® Twist-Proof® Rung Joint

