

Course ID:

HGT - WRKHT

WORKING AT HEIGHTS

COURSE OVERVIEW

Working at Heights is a Chief Prevention Officer (CPO) approved program (Approved Training Program ID # WAH56789). This program was designed to comply with the Ontario Ministry of Labour's (MOL) *Working at Heights Training Program Standard*. Completion of this program will ensure that workers exposed to the hazards of falling from heights have adequate knowledge about the hazards, personal fall protection equipment, and general safety practices needed to work safely at heights.

Participants will learn: how to use and inspect fall protection equipment, effectively don, adjust and doff their equipment, and understand when, where and how the equipment is to be used.

Participants will be able to use the hierarchy of controls to assess situations and to follow standard safety procedures.

Participants will complete a written test to verify that the key concepts have been understood. A minimum grade of 75% must be achieved in order to successfully complete the training program. Learning outcomes requiring demonstration must be performed satisfactorily and verified by the Training Evaluator.

The information contained in this program will ensure that workers are properly trained in working at heights safety, in turn reducing the number of fall-related incidents, injuries and fatalities due to falls from heights.

* Equipment used in this training program will be provided by the IEC

PROGRAM CONTENT

- Rights and responsibilities of workplace parties under the Occupational Health and Safety Act
- Recognizing and assessing the hazards associated with working at heights
- Safety procedures for warning methods, physical barriers, and safety nets
- Safety procedures for ladders and similar equipment
- Safety procedures for work positioning systems, work access equipment and platforms
- Proper selection and use of anchor points
- Introduction and practical use of fall arrest equipment
- Purpose and components of a rescue plan

TARGET AUDIENCE

Workers who may be exposed to the hazards associated with a fall from heights

PREREQUISITES

N/A

TRAINING TIME:

8 Hours

RECERTIFICATION

Every 36 months (3 years)

LEARNING OBJECTIVES The IEC's Working at Heights program fulfills the learning outcomes for both the Basic Theory Module and the Practical Module of the Ontario Ministry of Labour's (MOL) *Working at Heights Training Program Standard*.

By the end of the session, participants will be able to:

9.1 Working at Heights Basic Theory Module

9.1.2 Identification of the Hazards of Working at Heights

- a. Recognize hazards of working at heights;
- b. Recognize other hazards where workers are exposed to the hazard of falling from heights (i.e. into water, machinery, electrical equipment, hazardous substances or objects);
- c. List typical accidents and injuries related to working at heights in the workplace;
- d. Identify the frequency, severity and consequences of injuries and fatalities due to falls from heights (morale, family, society, reputation); and
- e. Explain the role of safe work plans and procedures in identifying hazards of falling from heights.

9.1.3 Eliminating or Controlling the Hazards of Working at Heights

- a. Explain the hierarchy of controls (such as elimination, isolation, engineering, substitution, administrative or PPE), related to working at heights;
- b. Utilizing realistic workplace scenarios (for barriers, access equipment, positioning equipment and Personal Protective Equipment), use the hierarchy of controls to choose the preferred method of working safely at heights; and
- c. Explain the limitations of personal protective equipment.

9.1.4 Warning Methods and Physical Barriers

- a. Describe the types of warning methods (signs and bump lines) and physical barriers (fencing, guard rails, protective coverings) and their appropriate use;
- b. Identify the characteristics and appropriate uses of permanent and temporary guard rails; and
- c. Explain which precautions are necessary when relocating or removing guardrails.

9.1.5 Ladders and Similar Equipment

- a. Identify a minimum of three types of portable ladders and similar equipment and their limitations;
- b. Explain the advantages and disadvantages of ladders and similar equipment for working at heights;

- c. Identify that there are different regulatory requirements for ladders in different sectors and that these requirements may place restrictions on the type of work which may be performed for working at heights from a ladder;
- d. Identify and assess situations in which ladders could be used safely for working at heights, and when alternative means of access would be more appropriate;
- e. Explain how to properly inspect and care for ladders and similar equipment;
- f. Describe how to safely position and use ladders; and
- g. Explain that if you are asked to use a ladder or similar equipment at your workplace, you may need additional workplace specific information, instruction, or training by your employer.

9.1.6 Personal Fall Protection Equipment

- a. Explain when a travel restraint system, fall restricting system or fall arrest system would be required and the essential components of each; and
- b. Identify that more extensive training is essential to safely use a travel restraint system, fall restricting system or fall arrest system.

9.2 Working at Heights Practical Module

9.2.1 Barriers and Other Fixed Equipment

- a. Identify situations in which bump lines, barriers, guardrails and safety nets would be appropriate;
- b. Identify the regulatory requirements (if any) for bump lines, barriers, guardrails and safety nets;
- c. Identify the limitations of bump lines, barriers, guardrails and safety nets; and
- d. Identify the specific requirements for strength and design of temporary guard rails.

9.2.2 Personal Fall Protection Equipment

- a. Discuss the limitations and the appropriate application of travel restraint, fall restricting and fall arrest systems;
- b. Identify the fall protection regulatory requirements (where applicable) for travel restraint, fall restricting and fall arrest systems;
- c. Discuss the fundamental components of travel restraint, fall restricting and fall arrest systems;
- d. Determine the fall distance to prevent a worker from striking the ground or an object below;
- e. Discuss the force required to deploy a shock absorber;

- f. Define and explain the effects on the human body of "bottoming out", the pendulum effect, and suspension trauma;
- g. Describe the steps required for the proper set up, use, maintenance and storage of travel restraint and fall arrest equipment (harness, lanyard, lifeline, rope grab, snap and grab hooks, carabiners);
- h. Demonstrate an ability to inspect and identify deficiencies in industry-standard personal fall arrest equipment;
- i. Demonstrate how to appropriately "don" and "doff" (i.e. put on and take off) industry-standard personal fall arrest equipment, including harness and lanyard;
- j. Describe how to protect horizontal and vertical lifelines while in use;
- k. Describe the appropriate set-up and use of a rope grab for personal fall arrest systems and ladder use;
- l. Explain methods to maintain tie-off at all times to an anchor point when changing anchor points; and
- m. Describe possible situations where you may need additional workplace specific information, instruction or training by your employer if you are asked to use fall protection equipment in your workplace.

9.2.3 Anchor Points

- a. Explain what an anchor point is;
- b. Discuss the appropriate location and use of anchor points;
- c. Provide examples of appropriate and inappropriate anchor points;
- d. Identify the consequences of using inappropriate items as anchor points;
- e. Illustrate the differences between permanent anchors, temporary fixed supports, and existing structural features as anchor points;
- f. Discuss the importance of manufacturer's recommendations when installing new anchor points and, where necessary, approval of anchor points by a professional engineer; and
- g. Explain the importance of asking for information before using new anchor points.

9.2.4 Work Access Equipment, and Platforms

- a. Using the hierarchy of controls, identify the different types of equipment that may be available to safely perform a variety of tasks at heights. This includes Powered Elevating Work Platforms (PEWPs), scaffolds, ladders, suspended access equipment, and boatswain's chairs. For ladders, regulatory restrictions and criteria for safe use and positioning shall be identified;

- b. Provide examples of the types of personal fall protection equipment that is needed to safely work at heights on work access equipment and platforms; and
- c. Explain that if you are asked to use work access equipment, platforms, or similar equipment in your workplace, you may need additional workplace specific and/or equipment specific information, instruction or training.

9.2.5 Rescue Planning

- a. Explain the purpose of a working at heights fall rescue plan;
- b. Identify key components of a fall rescue plan;
- c. Discuss the roles and responsibilities of employers, supervisors and workers in regards to a fall rescue plan and emergency procedures; and
- d. Explain that each project where workers rely on fall protection equipment (such as PPE and safety nets) must have a site specific rescue plan and that information, instruction or training on the site specific rescue plan is necessary.