

## TEST ANSWERS: WORKING AT HEIGHTS / LADDER SAFETY

The *BSO Plus Safety Topic* is a review designed from the BSO Plus agenda. This safety topic is your way to stay current on the safety information over the 3 years between BSO Plus and BSR.

1. Safety Partnership best practice is to use fall protection equipment when working above 6 feet; Ontario Regulation 213/91, Section 26 states that fall protection equipment is required when a worker could be exposed to the hazard of falling more than:
- a. 4 feet
  - b. 6 feet
  - c. 10 feet
  - d. 12 feet

**RATIONALE:** The Safety Partnership has gone above the standard of Ontario Regulation 213/91 s. 26 with the aim of reducing fatalities. While the OHSA requires workers to use fall protection equipment when working above 3 meters (10 feet), the Safety Partnership requires protections at 1.8 meters (6 feet). Make sure to use the appropriate fall protection equipment.

2. The working at heights training requirements apply to workers who are required under O. Reg. 213/91 (Construction Projects) to use which of the following methods of fall protection: (Circle all the apply)
- a. A travel restraint system
  - b. A fall arrest system
  - c. A safety net
  - d. A work belt or a safety belt

**RATIONALE:** Ontario's Ministry of Labour (MOL) requires that any worker operating under the Construction Projects Regulation (O. Reg. 213/91) must successfully complete an approved Working at Heights training program if they use specified fall protection systems. The working at heights training requirements apply to workers who are required under O. Reg. 213/91 to use any of the following methods of fall protection: a travel restraint system, a fall restricting system, a fall arrest system, a safety net, a work belt, or a safety belt.

3. When working at heights, it is acceptable to unhook your lanyard when moving from one point to another, as long as it's only a short distance.
- a. True
  - b. False

**RATIONALE:** Sometimes, you may need to move from one location to another while working at height. You must maintain 100% tie off while working at height. When moving locations, always attach your second lanyard to the new location before unhooking the first.

4. Match the colour of the scaffold inspection tag to its appropriate meaning.

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|---------------|--------------|--|
| a) Green Tag  | <u>  b  </u> | Workers must read the tag and follow all listed precautions before using |
| b) Yellow Tag | <u>  a  </u> | Scaffold is safe to use  |
| c) Red Tag    | <u>  d  </u> | To be treated as a “red tag”, the scaffold is not safe to use            |
| d) No Tag     | <u>  c  </u> | The scaffold is unsafe to use under any circumstances                    |

**RATIONALE:** It is important to understand the three tag system. A red inspection tag on a scaffold indicates that the scaffold is unsafe to use, and only the people who are qualified to erect and dismantle scaffolds may use a red-tagged scaffold. A yellow tag indicates the need for caution. Follow the precautions listed on the yellow tag prior to using the scaffold. The green tag means the scaffold is safe to use. If no tag is present, the scaffold must be treated as if it has a red tag.

5. For every 4 feet up, a ladder base should be placed \_\_\_\_\_ out from the wall.

- |           |
|-----------|
| a. 1 foot |
| b. 2 feet |
| c. 3 feet |
| d. 4 feet |

**RATIONALE:** Placing the ladder 1 foot out for every 4 feet up will make the appropriate angle so that your ladder doesn't slide out from underneath you or fall backwards while you climb. For better access and egress to the work platform, allow 3 feet to extend above to the work platform. The extra length acts as a railing to hold onto while climbing on and off the ladder. Always maintain 3 points of contact while climbing up and down the ladder and also while working off it. If you are working off a ladder with both hands, then your 3rd point of contact would be a tie off point to an adequate anchor point.