

Safety Sheet 5 – Fall Arrest Equipment

Consult the Ontario *Occupational Health and Safety Act* and its regulations for detailed information.

1. Any worker required to use fall protection must be trained in its safe use and proper maintenance. Refer to uOttawa *Fall Protection Guidelines* for further details.
2. Equipment must be properly suited for the task.
3. Equipment must be in good working condition. Inspect all parts of the equipment for damage, wear, and obvious defects before each use.
4. Replace defective equipment. If there is any doubt about the safety of the equipment, do not use it.
5. Replace any equipment, including ropes, involved in a fall. A trained inspector must confirm the equipment can be used safely if a potential defect is found.
6. Always refer to manufacturer's instructions regarding the use and care of the equipment.
7. A trained inspector should examine equipment at least yearly.
8. Equipment must include a CSA-approved full body harness.
9. Equipment must include a lanyard equipped with a shock absorber unless the shock absorber could cause a falling worker to hit the ground or an object or level below the work.
10. Equipment must be attached to a CSA-approved lifeline or by the lanyard to an adequate fixed support (fixed anchor).
11. Fall arrest equipment shall bear manufacturer identification marks.
12. Equipment must prevent a falling worker from hitting the ground or any object or next level below the work area.
13. Must not subject a falling worker to a peak fall-arrest force greater than 8 kilonewtons (1800 pounds).
14. The minimum strength of all components including lifeline and lifeline anchorage (in systems **without** shock absorber) must be able to support a static load of 8 kilonewtons (1800 pounds) without exceeding the allowable unit stress of the materials used for each component.
15. The minimum strength of all components including lifeline and lifeline anchorage (in systems **with** shock absorber), must be able to support a static load of 6 kilonewtons (1350 pounds) without exceeding the allowable unit stress of the materials used for each component.
16. Anchor points must be inspected yearly and must be identified with a seal of approval by a professional engineer.
17. The location of fixed anchor points generally can be found on the building plan located in the mechanical room at the top of the roof or through Facilities.
18. For additional information, consult the [User's Guide for Basics of Fall Protection, Ladders, and Construction](#) produced by the Infrastructure Health and Safety Association.

For additional information on personal protective equipment, please refer to the University of Ottawa *Personal Protective Equipment Guidelines* and the *Fall Protection Guidelines*.