LIFE SAVING RULES
Toolbox Talk
Working at Height
OUTLINE

• 10 Life Saving Rules
• Description of Working at Height Rule
• Additional Guidance
• Roles & Responsibilities
• Example Violations
• Related Life Saving Rules
• Summary
ENERGY SAFETY CANADA’S 10 LIFE SAVING RULES

1. Confined Space
2. Working at Height
3. Work Authorization
4. Energy Isolation
5. Line of Fire
6. Bypassing Safety Controls
7. Driving
8. Hot Work
9. Safe Mechanical Lifting
10. Fit for Duty
WORKING AT HEIGHT LIFE SAVING RULE

• Protect yourself against a fall when working at height
  • I inspect my fall protection equipment before use
  • I secure tools and work materials to prevent dropped objects
  • I tie off 100% to approved anchor points while outside a protected area
What is a “protected area”? 
- Protected areas may include stairs with handrails, man lifts and approved scaffolds

What is an “approved anchor point”? 
- Approved anchor points are those that are capable of safely withstanding the potential impact forces applied and meet or exceed any other applicable regulatory requirements
AS A SUPERVISOR

• I ensure a fall protection plan is in place that identifies fall protection equipment including fall restraint, fall arrest, approved anchor points and a rescue plan
• I ensure workers are competent to use fall protection equipment
AS A WORKER

- I have the required training and knowledge to safely perform work
- I ensure that safe guards, barriers or safety nets are in place
- I ensure that anchor points and fall protection equipment are inspected and in good condition prior to use
- I use only approved anchor points
AS A WORKER

- I verify that clearances below the work area are sufficient if an arrested fall occurs
- I secure hand tools and work materials to prevent dropped objects
- I am always tied off when at height outside a protected area
EXAMPLE VIOLATIONS

• A fall protection plan is not present
• Fall protection equipment is used by someone who has not been deemed competent in fall protection
• Fall protection equipment is not inspected prior to use or the equipment is used when deficiencies are identified
• Equipment is used as a tie off that is not an approved anchor point
EXAMPLE VIOLATIONS

- Fall protection is not used when working at height outside a protected area
- Fall protection is used that does not offer sufficient clearance if an arrested fall occurs
- Fall protection is used but no rescue plan is in place
- Hand tools and materials are not secured while working above an area where workers may be present
RELATED LIFE SAVING RULES

- WORK AUTHORIZATION
- LINE OF FIRE
- FIT FOR DUTY
• Know your role and responsibilities in relation to the Working at Height rule
• Notify your supervisor immediately if you are unsure about how to comply with this rule in your work environment
• If you see a potential violation of the Confined Space rule, intervene – it could be the last chance to prevent a fatality
• Consistent application of the Life Saving Rules equates to saved lives
• These rules are essential to achieving industry’s shared vision: zero injuries, zero incidents
QUESTIONS?