

The WORKHORSE® DYK Series FALL PROTECTION



1 DID YOU KNOW... what the maximum weight is that the WORKHORSE harness can safely take?

- The maximum weight capacity of a WORKHORSE harness is 310 lbs. including tools and equipment.

2 DYK whether you have to use the same brand harness and lanyard?

- Our WorkHorse fall protection products have not been tested with other brands for compatibility. Do not use WorkHorse products with other brands. Substitution for other brands could reduce the safety of the fall protection system.

3 DYK when your harness should be replaced?

- There are many factors to consider before continued use of your harness. First, always be sure to follow the recommendations of the manufacturer; some require replacement even when the harness looks fine. This is your first step! If the label says it must be replaced after a specific date, then it's time to replace it regardless of the condition.
- After this first step, it's critical to consider deterioration and the results of past safety equipment inspections. You should be inspecting your harnesses regularly before every use, and it should be thoroughly inspected by a competent person periodically to ensure it is still in safe condition for use. When inspecting your fall arrest equipment, take a good look at the material and the hardware. If anyone notes fading of the webbing or pitting of the metal components, it may be time to take the harness out of service or to purchase a brand new one. In addition, if any of the hardware and attachments, such as D-Rings, belts and buckles appear to be damaged or worn down, replace your safety harness. If your safety harness has been exposed to moisture, fumes or daylight that ultimately cause the nylon fibers to break down, it's best to replace it.

4 DYK if there is an expiry date for fall protection?

- As a general guideline (assuming all product is being stored and cared for according to manufacturer's instructions) we recommend that fall protection components have an expiry date of 5 years from the date of first use. This is also assuming that all products continue to pass inspections and are free from damages, and have not been subject to a fall.

5 DYK what it means to be a "competent person"?

- OSHA defines the term "competent person" as, "one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them" (29 CFR 1926.32(f)). In several instances, a competent person must also be able to train employees. It's important to understand that when regulation mandates the use of competent persons, it is an employer's obligation to determine the ability of such individuals and designate them accordingly by their knowledge of standards, experience with the task at hand and ability to take corrective action.

6 DYK what the differences are between CSA and SEI?

- The Standards Council of Canada (SCC) is a federal Crown corporation. It has its mandate to promote efficient and effective standardization in Canada. The organization reports to Parliament through the Minister of Industry and oversees Canada's National Standards System. The SCC's accreditation process is based on internationally recognized criteria to assess Certification Bodies (CBs).
- The CBs must demonstrate they have the knowledge of applicable standards, competence to evaluate products to Canadian Standards, issue certifications and must perform regular surveillance of their clients (manufacturers).
- Any certification organization which is accredited to do so by the Standards Council of Canada (SCC), may certify products to a CSA standard within its SCC approved scope. The Safety Equipment Institute (SEI) has been approved by the SCC as a certifying body.
- You may view approved certification bodies on the SCC website here: <https://www.scc.ca/en/accreditation/programs/product-process-and-service-certification/directory>

7 DYK if there is a specific height at which point fall protection is required?

- Within the OSHA fall protection standards, there are trigger heights for various work activities. In some cases, 4 feet is used as a common trigger height in General Industry. In the Construction industry, it is 6 feet for most activities.

8 DYK whether or not you can write on the webbing?

- As a general best practice, it is not recommended to mark your fall protection harnesses or writing on them at all. Writing on any part of fall protection harnesses compromises their integrity and should not be done.
- It is always recommended you follow the manufacturer's guidelines for any personal protective equipment used in your workplace, including fall arresting or fall restraint harnesses. The majority of reputable manufacturer's do not recommend writing on any part of fall protection harnesses.
- If you want to provide employees a way to label their harnesses without having to write on them, try labeled storage hooks or lockers. If your harness has a tag that is specifically for writing your name, and doesn't have labeled equipment hooks or lockers, use a Sharpie-brand marker to neatly print your name.

9 DYK what the ABCD's of Fall Protection are?

- A typical personal fall arrest system is made up of four necessary components. The ABCDs of Fall Protection is a commonly used abbreviation to remember the following four components.
- **Anchorage** - The anchorage is the secure point of attachment. Anchorage connectors vary by industry, job, type of installation, and structure. It must be able to support the intended loads and provide enough factor of safety.
- **Body wear** - A full body harness is the most common type of body wear. Harnesses distribute fall forces over the upper thighs, pelvis, chest, and shoulders and provide a connection point on the worker for the personal fall arrest system.
- **Connector** - A connector, such as a shock-absorbing lanyard or a self-retracting lifeline, connects a worker's harness to the anchorage.
- **Descent/Rescue** - These are devices used to raise or lower a fallen or injured worker to safety or retrieve the worker from a confined space. It is not uncommon for this component to be overlooked.

10 DYK what the maximum free fall distance allowed by ANSI and OSHA standards is?

- The ANSI Z359 Fall Protection Code allows for a 6-foot maximum free fall distance. OSHA allows the free fall distance to exceed 6 feet, if the arresting forces are below 1,800 lbs. for a full body harness system and if there is enough clearance.

11 DYK what type of fall protection system you need?

- The type of system will depend on the environment and work to be performed. Fall protection systems are divided into fall restraint (prevents user from reaching a fall hazard), fall arrest (arrest fall of user in the event of a fall) and suspended access for operating a motorized platform or other suspended equipment.

12 DYK whether you should you wear a full body harness over or under winter clothing?

- A harness should be worn over winter clothing. It is more visible for inspections and there is less chance for clothing to interfere with buckles and snap hooks. Additionally, when the harness is on the outside, if there is a fall and the harness is pulled upward, there is less possibility that the person could be choked.

13 DYK whether or not fall protection PPE equipment from a previous job can be used on a new jobsite?

- Every job site is different and contains its own unique challenges and fall hazards. While most fall protection equipment today is manufactured to be versatile, that doesn't guarantee that what was used on the last job is the best solution for a new job site. Some applications require job-specific equipment to ensure the safety of workers.





14 HOW TO INSPECT A HARNESS

a) Webbing and Stitching



Webbing & Stitching

- Check Webbing for stains, burns, tears, cuts, frayed threads and discolouration
- Ensure there is no writing on the webbing (i.e. no use of permanent markers or pens)
- Check for pulled or cut stitches

b) Fall Indicator



Fall Indicator

- Check to ensure the fall indicator is intact letting you know the harness has not previously been subject to a fall

c) Hardware (Includes D-Rings, Buckles, Back pads)



Hardware

- Check to ensure there is no deformations, nicks, sharp edges, cracks/breaks, or corrosion

d) Sewn in Tags



Sewn in Tags

- Check that sewn in tags are securely attached and legible, include standard information, include date of manufacture, include minimum and maximum weight capacity information and include an inspection grid

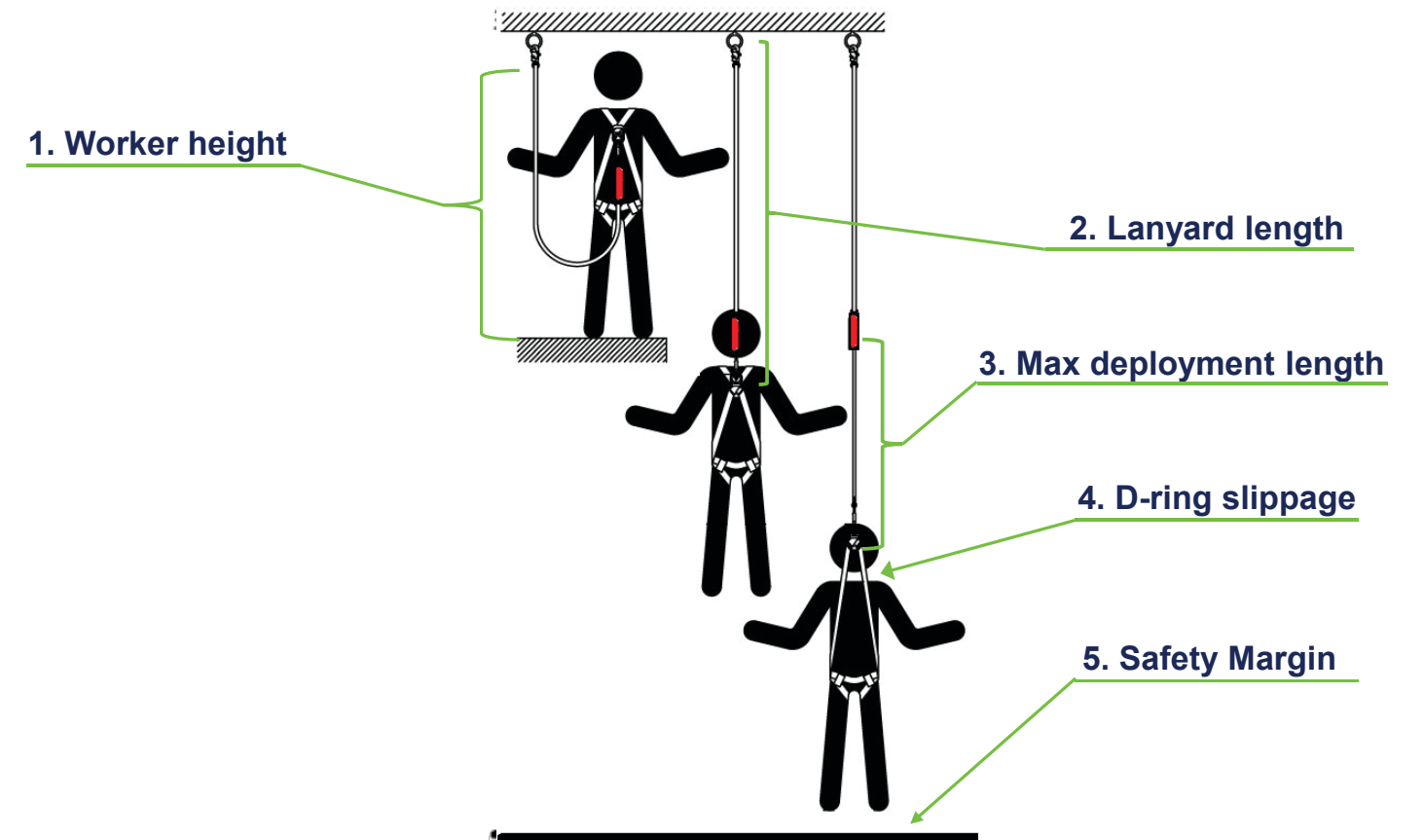
e) Record Your Inspection on the inspection grid provided by manufacturer



Inspection Grid

- Inspections should be completed by a competent person prior to each use

15 A BEGINNER'S GUIDE TO FALL DISTANCE CALCULATION



VARIABLES TO DETERMINE

- What height will the team members be working from?
- What is the worker's height? (Feet to Dorsal D-Ring)
- What is the lanyard length?
- Maximum deployment length of shock-absorber
- Dorsal D-Ring slippage (6" - 2')
- Safety margin (Minimum 2')

DEPENDING ON YOUR JURISDICTION...

Some fall protection plans **MUST** include the fall distance calculation.

Some jurisdictions require the fall protection plan to be written out.

This must be posted in an area where all staff can easily access and read. The information must be presented in a way that all staff can understand and follow.

