

# WORKING FROM HEIGHTS



## BACKGROUND NOTES

This video will help encourage discussion about the importance of fall protection, and the rules and regulations concerning working from heights in the workplace. In it Rod highlights some of the most common areas people work from heights – roofs, buildings and ladders.

Nova Scotia has fall protection legislation. In certain work situations it is illegal to work, or ask someone to work, without fall protection. Employers and workers can be prosecuted for failing to do so. Find out more about Nova Scotia Fall Protection and Scaffolding regulations by going to [gov.ns.ca/just/regulations/regs/ohs296f.htm](http://gov.ns.ca/just/regulations/regs/ohs296f.htm).

Fall protection is required for any job above three meters, and applies to jobs on land and around water. It can include measures such as the use of guardrails, scaffolding, body harnesses and proper ladder use. The higher you go, the more protection is needed!

As you watch this video, consider how employers and employees can work together to ensure everyone is safe when working at height.

## QUESTION & DISCUSSION POINTS

**What are some of the aspects of your job, or previous jobs that required you to work from heights? What kind of training did you receive for it? Did you feel it was sufficient? Examples:**

- Using a ladder
- Working on a roof, or at height on the inside of a structure
- Elevated platforms
- Working on top of cargo vehicles
- Entering and exiting elevated vehicles
- Group's examples

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**What working materials or conditions most frequently contribute to falls? Examples:**

- Ladders – poor condition or improper for the task
- Improperly installed scaffolding
- Working on roofs and at roof edges
- Improperly guarded gangways and catwalks
- Checking loads and accessing tanks on large vehicles
- No access to/not using the right equipment
- Group's examples

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**If a new worker was performing the work you do at height, what type of training do you think they should have?**

- List group suggestions

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**If you had questions or were concerned about your safety, who could you talk to? Examples:**

- Your boss or another supervisor at your workplace
- Your safety representative, or a member of the safety committee at work
- Nova Scotia's Occupational Health and Safety Division
- The Workers' Compensation Board

**What three protective items did Rod Stickman reference?**

- Guardrails
- Scaffolding
- Harness

**When are some of the times that you require fall protection?**

- Fall protection is required when a person could fall from a work area that is three meters or more above the nearest safe surface, including over water or hazardous materials or substances.
- When using a mechanical lift.

**What is considered fall protection? Measures such as:**

- Guardrail
- Temporary flooring
- A personal safety net
- Full body harness, lanyard and anchor point
- Other?

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**What does Rod mean when he recommends maintaining three points of contact when using a ladder?**

- Sometimes you may be working on a ladder above three meters and it might not always be practical to use a full fall arrest system. In that case you should always have three points of contact with a ladder – mostly both feet and one hand.

## CONCLUSION

- If something feels wrong, talk to your employer about it.
- Employers must ensure you have proper training and equipment to safely work at height.
- When working from heights, rushing leads to injury – your safety comes first.
- If you see a hazard in your workplace, be sure to report it to your supervisor – all hazards must be investigated.
- You have the right to refuse work that you believe could hurt you or someone else.

Rod is a great way to begin the conversation about workplace safety. But he's just the start to a safer workplace. If you see a hazard in your workplace, be sure to report it to your supervisor – all hazards must be investigated.

**WCB of Nova Scotia:** 1-800-870-3331

**NS OHS Division:** 1-800-952-2687 or 1-902-424-5400

To learn more, visit [worksafeforallife.ca](http://worksafeforallife.ca) and [someways.ca](http://someways.ca)

