

How do you know when you're working from heights?

Working from heights is not just dangerous for you, it's dangerous for everyone around you, too. Know when you're dealing with fall hazards.

In Canada, fall protection and working at heights is regulated.

Working at heights occurs whenever you're conducting work above regular walking or working surfaces.

You need fall protection if you can fall:

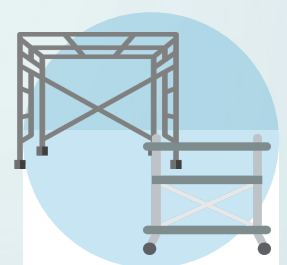
- A vertical distance of 3m (10 ft.), or more
- A vertical distance of less than 3m (10 feet), such as when working above water or machinery
- Into a hazardous object, substance, or opening in a work surface



Climbing communication towers



Painting a bridge



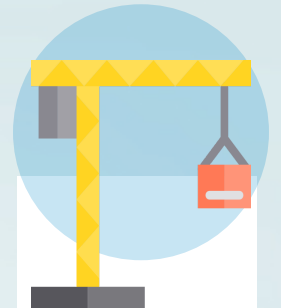
Constructing scaffolding



Collecting product samples from the top of a rail car



Changing a light bulb in an office with high ceilings



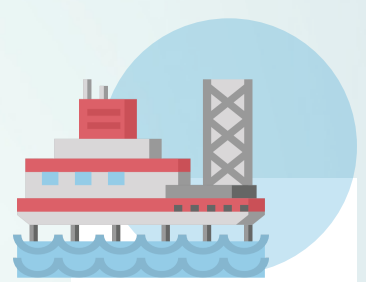
Working in a crane bucket



Washing windows on a high-rise building



Conducting roof repairs



Working close to the edge of an off-shore oil rig

It's not just falling that's a problem. Material and equipment can create hazards too.

Material hazards
Unattended material or equipment can:

- Slide off a work surface onto a person on a lower level
- Create additional striking hazards if people were to fall on them

Working at heights is dangerous.

Always know when you're facing fall hazards, and how to protect yourself from their risks.