

2018

LIFE SAVING RULES

Toolbox Talk
Working at Height



ENERGY
SAFETY
CANADA

SETTING THE STANDARD IN OIL AND GAS SAFETY

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



CONFINED SPACE



WORKING AT HEIGHT



WORK AUTHORIZATION



ENERGY ISOLATION



LINE OF FIRE



BYPASSING SAFETY CONTROLS



DRIVING



HOT WORK



SAFE MECHANICAL LIFTING



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



ADDITIONAL GUIDANCE

- 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**

SUMMARY

- 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?