



**YUKON ENERGY CORPORATION
Fall Protection Program**



Table of Contents

A MESSAGE FROM YUKON ENERGY 3

1.0 Purpose and scope..... 4

2.0 Definitions..... 4

3.0 General requirements 5

4.0 Regulatory requirements (Yukon) 6

5.0 Training..... 6

6.0 Responsibilities 7

 6.1 Directors/Managers 7

 6.2 Supervisors, Lead Hands, & Project Managers..... 7

 6.3 Workers 7

 6.4 Health & Safety 8

7.0 Fall protection inspection and care 8

 7.1 Pre-use inspections..... 8

 7.2 Annual inspections 8

 7.3 Failed inspections 9

 7.4 Equipment that has arrested a fall 9

 7.5 Manufacturer’s operating manual 9

 7.6 Technical bulletins (including recalls) 9

8.0 Fall protection plan 10

9.0 Rescue plan 10

Appendix A – Fall protection pre-use inspection checklist (sample). 11

Appendix B - Fall protection annual inspection checklist (sample). 12

Appendix C – Record Retention Schedule 13

**A MESSAGE FROM YUKON ENERGY
(Fall Protection)**

Accidents while working at heights may be rare, but they can result in serious injury or death. However, complying with appropriate fall protection work standards, procedures and work methods will help minimize those risks and allow employees to work safely.

The Fall Protection Program is designed to complement and support other Yukon Energy safety standards.

All Yukon Energy Corporation (YEC) workers working at height must be fully informed prior to starting work; and be prepared to respond to any emergency situation.

Your continued commitment to safe work practices will help to ensure both employee safety and the efficient operation of the power system.

1.0 Purpose and scope

The purpose of the **YEC Fall Protection Program** is to effectively manage work at heights; and to protect YEC employees and contractors from the hazards that may exist in these areas.

This program applies to all YEC facilities and properties.

2.0 Definitions

2.1 From CSA Z259.17¹

Competent person – a person who possesses the knowledge, training, and experience in fall protection to enable him or her to perform an assigned duty.

Fall-arrest system (FAS) — an assembly of components that will arrest a worker's fall when properly assembled and used together and when connected to a suitable anchorage.

Note: A fall-arrest system typically comprises components such as full-body harnesses, lanyards, deceleration devices, horizontal lifelines, vertical lifelines, anchorages and anchorage connectors.

Fall protection system – a collection of components to support or suspend a worker at a working point.

Note: Examples of fall protection systems include guardrail systems, travel-restraint systems, safety net systems, and fall arrest systems.

Active fall-protection system — a means of providing fall protection that requires workers to take specific actions, including wearing (and otherwise using) personal fall-protection equipment and following prescribed procedures. Examples include travel-restraint and fall-arrest systems.

Passive fall-protection system — a means of providing fall protection that does not require workers to wear or otherwise use fall-protection equipment or to have any special knowledge or skills related to the fall-protection system. Examples include guardrail systems and nets.

¹ CSA Z259.17; Selection and use of active fall-protection equipment and systems

2.2 Other definitions

Fall (travel) restraint system - an assembly of components that will prevent workers from getting too close to an unprotected edge; when properly assembled and used together and when connected to a suitable anchorage.

Use of a body belt for fall restraint at YEC is prohibited.

Worker - any person employed by, or contracted to YEC, who is authorized to work at a YEC facility or property.

3.0 General requirements

- 3.1 Where practical, passive fall protection systems should be installed to prevent workers from entering an area where a fall hazard exists.
- 3.2 Fall protection systems must be adequate for the work performed.
- 3.3 Fall protection must be provided and installed before the employee begins work where a fall hazard exists.
- 3.4 Where permanent fall restraint and/or arrest systems are installed, workers are obligated to use them.
- 3.5 All fall protection system components must be CSA-approved; or, where applicable, designed and approved by a qualified engineer.
- 3.6 Use only approved anchor points.
- 3.7 Do not use fall protection systems to carry tools or equipment.
- 3.8 Workers should not work alone where there a fall hazard.
- 3.9 Use of body belts at YEC facilities and properties is prohibited; except,
 - 3.9.1 When the belt used as part of a fall restrict system for wood pole climbing; as described in CSA Z259.14.²
 - 3.9.2 When the belt is an integral part of a body harness; and, has no D-rings or other fastening devices that can be used to connect to other fall protection components.
- 3.10 Use body harness D-rings for the designed purpose only.
E.g., sternal (front) D-rings are designed for attaching to a ladder climbing system. Do not use sternal D-ring for fall arrest or positioning

² CSA Z259.14; Fall restrict equipment for wood pole climbing

4.0 Regulatory requirements (Yukon)

From Yukon Occupational Health and Safety Regulations; Part 1 - General

1.37 – Where required

Where it is not practical to protect a worker by guards, guardrails, safety nets or other devices, the worker shall be provided with and required to use the appropriate fall arrest protection

- (a) when working at a place from which a fall of
 - i. 3 m (10 ft.) or more may occur, or
 - ii. less than 3 m (10 ft.), if it involves an unusual risk of injury,
- (b) where there is a possibility of falling into a pit, shaft, machinery, water or bulk material that could shift,
- (c) when climbing or descending from utility poles, communication and transmission towers or single point suspension equipment,
- (d) when working on a swing stage or thrust out scaffold, elevating work platform or basket or suspended platform or cage,
- (e) when barring or scaling loose material from a wall in an open pit or an earth work, or
- (f) when working on a roof
 - i. having a slope of 2 vertical to 3 horizontal or steeper, or
 - ii. where the surface is slippery.

1.38 – Fall protection program

Where work is performed at a location not protected by permanent guardrails and from which a fall of 7.5 m (25 ft.) or more may occur, a written fall protection plan shall be in place and communicated to workers with adequate consideration and description of

- (a) falling hazards expected,
- (b) fall protection system or systems to be used,
- (c) the procedure to assemble, maintain, inspect, use and disassemble the fall protection system or systems, and
- (d) methods to rescue a fallen worker or one who is suspended by a personal fall protection system or safety net and is unable to effect self-rescue.

5.0 Training

- 5.1 All workers at YEC are required to be adequately trained in fall protection; including the selection, use, care, inspection, and proper storage of fall protection components and systems.
- 5.2 YEC will provide/coordinate fall protection training for each YEC employee who may be exposed to fall hazards.
- 5.3 Training certification records will be maintained by the H&S department.
- 5.4 Re-training will be provided when required.

5.5 Contractors may be required to provide proof of adequate fall protection training.

6.0 Responsibilities

6.1 Directors/Managers

- a) Ensure all aspects of the Fall Protection Program are implemented and followed;
- b) Ensure Supervisors, Lead Hands, and Project Managers are trained and competent to oversee tasks that involve fall hazards;
- c) By way of periodic audits, verify that work complies with the YEC Fall Protection Program, YEC fall protection practices and procedures, and Yukon OHS regulations.

6.2 Supervisors, Lead Hands, & Project Managers

- a) Review and understand the YEC Fall Protection Program;
Ensure that:
 - b) All workers under their direction are adequately trained in fall protection;
 - c) All workers under their direction are familiar with the YEC Fall Protection Program, YEC fall protection practices and procedures, and Yukon OHS regulations;
 - d) All workers under their direction have access to adequate fall protection equipment;
 - e) All workers under their direction perform per-use inspections prior to using fall protection equipment for the task;
 - f) All workers under their direction use the safety equipment necessary to safely perform the work; and
 - g) A written rescue plan is developed prior to starting work where a fall hazard exists.

6.3 Workers

- a) Be adequately trained in fall protection;
- b) Acknowledge that they understand and will comply with the YEC Fall Protection Program, YEC fall protection practices and procedures, and Yukon OHS regulations;
- c) Ensure that they have access to adequate fall protection equipment for the task;
- d) Perform per-use inspections prior to using fall protection equipment;
- e) Use the fall protection systems installed;
- f) Use the safety equipment necessary to safely perform the work; and

- g) Acknowledge that they understand the written rescue plan prior to starting work where a fall hazard exists.

6.4 Health & Safety

- a) Ensure Fall Protection Program documents are current and accurate;
- b) Ensure that workers have access to current and accurate fall protection documents;
- c) Ensure all records of fall protection are maintained as specified in **Appendix C – Record Retention Schedule.**
- d) Provide fall protection training for YEC workers as required or practicable.

7.0 Fall protection inspection and care

7.1 Pre-use inspections

See Appendix A – Fall protection pre-use inspection checklist (sample).

- 7.1.1 ALL personal fall protection equipment and components must be inspected by the user before each use.
- 7.1.2 Workers must inspect fall protection systems (lifelines, permanent anchors etc.) they are connecting to; when practical and safe to do so.
- 7.1.2 Pre-use inspections must be documented.
- 7.1.3 Pre-use inspections must be maintained as specified in **Appendix C – Record Retention Schedule.**

7.2 Annual inspections

See Appendix B – Fall protection annual inspection checklist (sample).

- 7.2.1 ALL personal fall protection equipment must be inspected annually.
- 7.2.2 ALL fall protection systems (lifelines, ladder systems, etc.) must be inspected annually.
- 7.2.3 Annual inspections must be completed by a competent person.
- 7.2.4 Annual inspections must be documented.
- 7.2.5 Annual inspections must be maintained as specified in **Appendix C – Record Retention Schedule.**

7.3 Failed inspections

7.3.1 Equipment and systems that show a defect, or do not function correctly must be tagged and removed from service immediately; and, not be returned to service.

7.4 Equipment that has arrested a fall

7.4.1 Equipment and systems that have arrested a fall must be tagged and removed from service immediately; and, not be returned to service.

7.5 Manufacturer's operating manual

7.5.1 Workers performing inspections must read the original equipment manufacturers (OEM) operating manual(s).

7.5.2 The OEM manual may contain critical information not present on the equipment label(s); including, but not limited to:

- inspection procedures;
- cleaning/maintenance instructions;
- temperature limitations;
- list of harmful contaminants;
- warranty; and,
- service life.

7.6 Technical bulletins (including recalls)

7.6.1 Workers performing inspections should keep up-to-date on OEM technical bulletins and/or recalls.

7.6.2 When applicable, OEM technical bulletins should be communicated to end-users.

7.7 Fall protection care

7.7.1 Follow the manufacturer's instructions on how to care and clean the equipment.

7.7.2 Clean as required after use. Use a mild detergent as required.

7.7.3 Store in a clean, dry area, free of fumes, sunlight, corrosive materials, sharp edges, or vibration and in such a way that it does not damage the equipment.

7.7.4 Store in a secure location; to prevent others from using your equipment.

8.0 Fall protection plan

- 8.1 All work involving fall hazards requires a written safe work plan³.
- 8.2 The fall protection plan must include; but is not limited to; the following:
 - a) fall hazard(s) expected;
 - b) fall protection system(s) to be used;
 - c) fall protection system(s) inspection requirements;
 - d) rescue plan for a fallen or suspended worker;
 - e) first aid requirements;
 - f) methods of communication;
 - g) worker acknowledgment (sign on/off).
- 8.3 Communicate the fall protection plan to all workers.

9.0 Rescue plan

Each fall protection plan must include a rescue plan. The rescue plan should include; but is not limited to; the following:

- a) The name of the YEC person who will be directing the rescue operation;
- b) The responsibilities of workers in the rescue plan;
- c) Identify the rescue personnel are and how to contact them;
- d) SCC contact numbers (867 393 5355 and 867 393 5324) to assist as required;
- e) Identify any rescue equipment required; including its location; and
- f) Communication method(s) to be used to maintain communications with the rescue personal while affecting a rescue.

³ JSA/Tailboard; or other documentation method

FALL PROTECTION PROGRAM

Appendix A – Fall protection pre-use inspection checklist (sample).



Fall Protection Equipment Inspection Checklist

PRINT name: _____

Week of: _____

Worker signature: _____

Site: _____

Use this checklist as a guide for fall protection equipment inspection. Use your training to thoroughly inspect equipment and ensure your personal safety. Record any additional findings in the comments section below. If you have any questions, contact your Leadhand, Supervisor, Manager, or H&S.

S = SATISFACTORY U = UNSATISFACTORY NA = NOT APPLICABLE

Full Body Harness								Lanyard							
Tags and Labels - Ensure model, serial numbers, CSA-approval, and manufacture date are clearly identified.								Webbing - Ensure no fraying, cuts, burns or chemical exposure. Ensure that stitching is good with no knots (which are wear indicators if present).							
Mon	Tues	Wed	Thur	Fri	Sat	Sun		Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Webbing - Ensure no fraying, cuts, burns or glue, paint or chemicals. Are wear indicators good? Check both sides.								Snap Hooks - Ensure no bends, cracks, corrosion or twisted hooks. Is lock functioning? Are springs working?							
Mon	Tues	Wed	Thur	Fri	Sat	Sun		Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Seams or Stitching - Is stitching loose, pulled, ripped or worn? Inspect load-bearing and attachment stitching carefully.								Energy Absorber - Check for signs of deployment and shock-loading. Inspect stitching where pack is attached							
Mon	Tues	Wed	Thur	Fri	Sat	Sun		Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Tongue, Grommets & Buckles - Ensure no bends, cracks or corrosion with no distortion or sharp edges. Are all parts moving freely? Are grommets in good shape—none missing or damaged?								Lifeline							
Mon	Tues	Wed	Thur	Fri	Sat	Sun									
D-Rings - Inspect for wear, bends or deformation. Ensure no rough or sharp edges. Do rings pivot freely? Check closely for cracks.								Rope - Ensure no fraying, rot, cuts, 'fuzziness' or knots. Check for discoloration from exposure or chemicals.							
Mon	Tues	Wed	Thur	Fri	Sat	Sun		Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Rivets & Strap Keepers - Ensure good shape and not loose. Do Strap Keepers move? Are they broken or missing?								Diameter - Does the lifeline's diameter match the rope grab? Is it uniform throughout?							
Mon	Tues	Wed	Thur	Fri	Sat	Sun		Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Clean and Oil-free - Check with supervisor if in doubt regarding clean, oil-free condition.								Attachment to Snap Hook - Ensure it is original from manufacturer. Is thimble good?							
Mon	Tues	Wed	Thur	Fri	Sat	Sun		Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Tool Holders - Ensure no modifications or damage. Are tool holders in safe and good shape?								Rope Grab - Is rope grab functioning properly? Inspect gate, locking pin, safety latch, teeth on cam, springs. Perform hand test.							
Mon	Tues	Wed	Thur	Fri	Sat	Sun		Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Self-Retracting Lifeline (SRL)								Horizontal Lifeline							
Line Pull out and inspect cable for bends, frayed strands and evidence of excessive wear. Is retrieval/retraction mode functioning properly? Pull test to ensure it catches. Check for shock-loading indicator. Attach directly to dorsal D-ring.								Engineered - Is the lifeline specifically designed and engineered for Fall Protection? Check for capacity (how many workers?). Ask supervisor to confirm if unsure.							
Mon	Tues	Wed	Thur	Fri	Sat	Sun		Mon	Tues	Wed	Thur	Fri	Sat	Sun	

YOUR EQUIPMENT

Type: _____ Serial No. _____ Type: _____ Serial No. _____

Type: _____ Serial No. _____ Type: _____ Serial No. _____

Comments: _____

Appendix B - Fall protection annual inspection checklist (sample).

Yukon energy
Worker name: _____ Department: _____

Fall protection PPE – annual inspection

EQUIPMENT INFORMATION

Equipment type: HARNES LANYARD SRL ANCHOR Other: _____

Manufacturer: _____ Model #: _____

Serial #: _____ Manufacture date: _____

In service date: _____ Expiry date: _____

CSA approved: YES NO

INSPECTION

Previous inspection date: _____ Pre-use inspections available? YES NO

Are markings and labels legible? YES NO

Fall/load indicator intact? YES NO

Serial #: _____ Model #: _____

Manufacture date: _____ In service date: _____

Expiry date: YES NO If yes, expiry date: _____

ACTION TAKEN

Equipment remains in service? YES NO

Rejected equipment removed from service? Tagged? YES NO N/A

Equipment forwarded to H&S for destruction? YES NO

INSPECTOR COMMENTS (Please write legibly)

INSPECTOR SIGNATURE
Inspected by (please print): _____

Signature: _____

Inspection date: _____

SAMPLE ONLY

HARDWARE

	PASS	FAIL	N/A
Snap hook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D-rings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buckle(s) and adjuster(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SOFTWARE

	PASS	FAIL	N/A
Webbing/Rope	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Energy absorber	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Padding/Softener	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching / Splice(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FOR H&S USE

Original to file

Copy to SP

Copy to worker

EQUIPMENT STATUS

ACCEPTED REJECTED

Appendix C – Record Retention Schedule

Records Required	Record Location	Responsible Party	Record Retention
Training certification	H&S and HR Files	Health & Safety	10 years
Pre-use inspection reports	YEC Records Management System	Dept. Supervisor, Leadhand, Manager, or Director.	10 years
Annual inspection reports	YEC Records Management System	Health & Safety	10 years