

Fall Protection - Appendix B: Summary of Controls

Order of Preferred Use	Fall Protection Methods	Description	Control	Example	Approved For	
					Maintenance/General Use	Construction Activities
1	Elimination of the hazard	Move work to ground level/perform work from ground level	Elimination of the hazard	Lower work to the ground or use tools that will reach the work from the ground.	Yes	Yes
2	Guardrail system	A barrier erected to prevent workers from falling to lower levels.	Engineering	Guardrail system: top rail, mid-rail and toe board at leading edges, wall openings or around holes.	Yes	Yes
2	Covers	A fall protection system that controls a fall exposure with a protective cover that will support twice the weight of any any anticipated load.	Engineering	Lid over access to a storm sewer or utility vault.	Yes	Yes
2	Falling Object Protection	A fall protection system that prevents personnel from being struck by falling objects.	Engineering	Canopy over an entrance where overhead work is occurring. Toe boards or screens used with a guardrail system.	Yes	Yes
3	Designated Area	A barrier erected on a roof to warn workers that they are approaching an unprotected roof side or edge, and which designates an area in which work may take place without the use of guardrail, travel restraint, personal fall arrest, or safety net systems to protect workers in the area.	Administrative Control	A warning line set up at a suitable distance from the fall exposure to warn workers they are approaching a fall exposure and cannot proceed further without additional, suitable fall protection (e.g. a fall restraint system or a personal fall arrest system).	Yes	Yes

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4	Fall Restraint System	A fall protection system that prevents the user from falling any distance. The system is comprised of a harness, an anchorage, connectors and other necessary equipment. The other components typically include a lanyard, and may also include a lifeline and other devices.	PPE/Active Fall Restraint	A harness and lanyard system attached to a suitable anchorage point where the length of the lanyard is too short to allow the worker to reach the leading edge of a roof or other working surface.	Yes	Yes
5	Personal Fall Arrest System (PFAS)	A system used to arrest a worker's fall. It consists of an anchorage, connectors, a body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these.	PPE/Active Fall Arrest	Harness and lanyard system connected to a suitable anchorage point that will arrest the worker's fall and prevent them from coming into contact with lower levels or objects below the work surface.	Yes	Yes
6	Safety Monitoring System	A safety system in which a competent person is responsible for recognizing and warning workers of fall hazards.	Training		No	Yes*
	Safety Net System	A fall protection system to catch workers that fall from a walking/working surface.	Passive Fall Arrest System	Nets suspended below the work surface that will halt a worker's fall and prevent them from coming into contact with lower levels or objects below the work surface.	Yes	Yes
	¹ See Appendices for specifications					