

Safety Facts: Types of Fall Protection*



A fall protection system is components to support or suspend a worker at a worker point:

1. A fall restraint system
2. A fall arrest system
3. Work procedures that minimize the risk of injury to a worker from a fall

These include guardrail systems, travel-restraint systems, safety net systems, and fall-arrest systems.

Why is it important?

Understand the types of fall protection, and their limitations, to apply the best system for your situation. When the *Standard Hierarchy of Controls for Hazards* is not practical then the *Fall Protection Hierarchy* is used:

- Fall restraint is the preferred system
- Fall arrest is the next level if the fall restraint does not prove practical
- Work procedures should be used rarely

Key characteristics of fall protection equipment

There are many forms of **fall restraint** including guard rails, controls zones and travel restraint. These systems keep workers from getting too close to an unprotected edge. They are designed to stop a fall before it starts.

Fall arrest systems

Passive fall arrest refers to a system that is stationary, non-dynamic, and does not move or adapt or change when in or out of use. They do not require the use of personal protective equipment or active participation from the worker. These include **netting systems** or **guardrails**.

Active fall arrest involve active participation of the worker, are movable, and require the use of special gear. These include a **body harness**, **lanyard**, an **anchor**, **lifeline**, and **connectors** such as snap hooks. This type of system requires active participation from the worker.

Associated risks

Each system carries inherent risks. The passive system can be defeated, incorrectly installed and damaged. The active system is subject to incorrect care and selection. Each system requires appropriate inspection and corrective action. Each system needs to be correctly applied for each job application. Incorrect application, training and maintenance will result in a weak link and allow for serious injury or death.

Preventative next steps

Ensure there is a robust Fall Protection Program in place

- Train all workers and supervisors on the different systems and best application of each system
- Have a pre-use inspection system in place to ensure each component of the chosen system is effective and will perform to the expected application



For additional resources visit:

WorkSafeBC: [Occupational Health and Safety Regulation Part 11](#)

Canadian Standards Association: [CSA Z259.17-16 Selection and Use of Active Fall Protection Equipment and Systems](#)

Manufacturing Safety Alliance of BC: safetyalliancebc.ca

Types of Fall Protection Toolbox Talk

Name of Facilitator: _____ Date: _____

Supervisor Signature: _____ Date: _____

Safety Specific Training Requirements: Identified Hazards/concerns

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Employee feedback/questions/recommendations

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Workers who attended

Name	Initial	Name	Initial
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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Key Talking Points
