

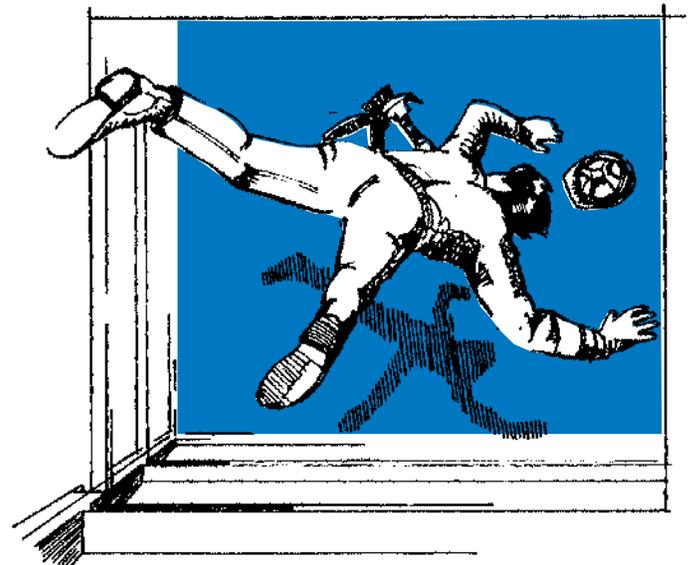


## How long does it take to fall?

- The Occupational Health and Safety Regulation requires workers to use a fall protection system
  - Where they could fall at least 3 m (10 ft.) or
  - Where a fall from a lesser height may result in serious injury
- Workers must be trained thoroughly in the safe use and limitations of personal fall protection equipment including safety belts, harnesses, lanyards, and lifelines.
- Many workers believe that they have time to regain their balance before they fall. This belief is not always correct.
- The following table indicates how far you can fall in just a few seconds:

<b>Time</b> <i>(seconds)</i>	<b>Distance</b> <i>(metres)</i>	<b>Distance</b> <i>(feet)</i>
0.5	1.2	4
1	5	16
1.5	11	36
2	20	64
2.5	31	100
3	44	144
4	78	256

- You may not have time to grab hold of something safe, but you can still prevent a tragedy. Properly maintained and worn, a safety belt or full body harness attached to a secure anchor could save your life.



Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Other safety issues or suggestions made by crew members:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



WORKING TO MAKE A DIFFERENCE  
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