

# SAFE WORK

**S** SPOT THE HAZARD  
**A** ASSESS THE RISK  
**F** FIND A SAFER WAY  
**E** EVERYDAY

No. 137  
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## Fall Protection

Falls from a height of even one meter can result in serious injury or death.

Fall protection systems are signed to prevent injury to anyone who may lose footing or grip on a fixed ladder.

Systems of fall protection are:

- (i) The worker equipped with a full-body safety harness and lanyard that is secured to a fixed or movable anchor on the ladder.
- (ii) A cage enclosing the ladder (see American National Standard "ANSIA 14.3 Safety Requirements for Fixed Ladders").

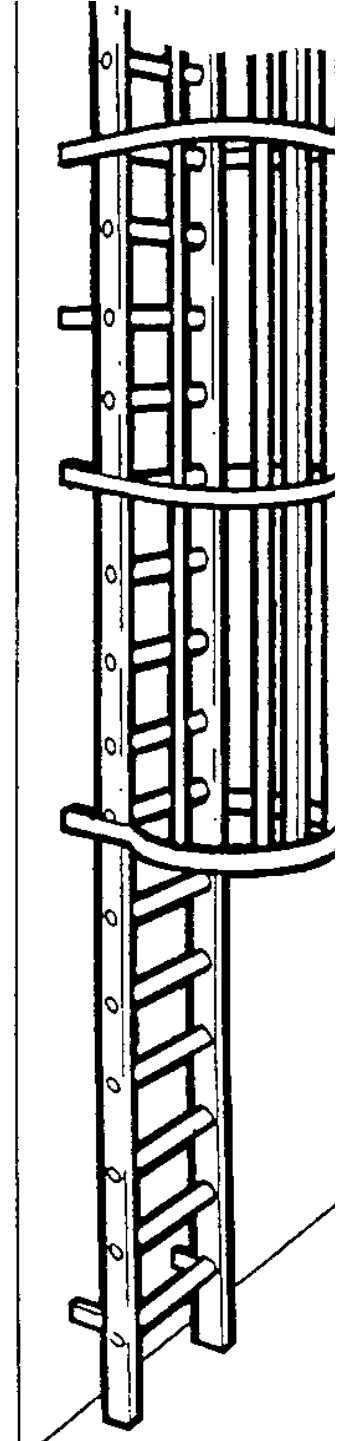
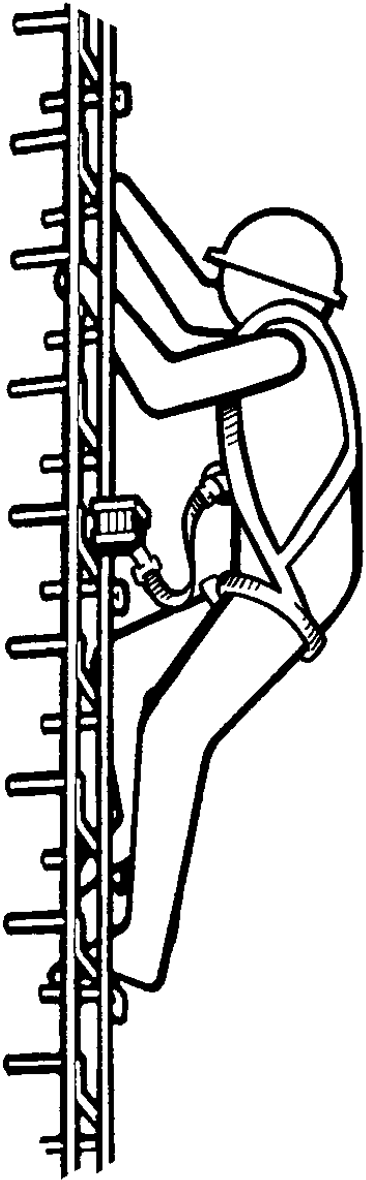
Part 13 of the Manitoba Workplace Safety and Health Regulation (section 13.20) specifies:

An employer and an owner must ensure that a ladder that is permanently fixed to a supporting building or structure:

- (a) is designed by a professional engineer, as is its permanent attachment system to the building or structure;
- (b) is constructed, erected and installed in accordance with the specifications certified by a professional engineer;
- (c) is equipped with a suitable safety gate, or equally effective means of protection from falling, at all access openings in floors, platforms and rest platforms.

These above requirements do not apply to:

- a landing that is serviced by more than one fixed ladder; or
  - a fixed ladder installed before the coming into force of this regulation.
- (d) where it is in a vertical position or at an angle or not more than 25 degrees to the vertical, it:
- (i) meets the requirements of the ANSI Standard, ANSI 14.3-2002, Safety Requirements for Fixed Ladders American National Standard for Ladders – Fixed – Safety Requirement,



- (ii) has side rails that extend at least one meter above any platform, roof or other landing on the building or structure to which it is fixed,
  - (iii) has an opening in the platform, roof or other landing that does not exceed 750 mm (29.5") x 750 mm (29.5"), and
  - (iv) is equipped, if it is more than 5 m high, with ladder cages and rest platforms, at intervals of not more than 5 m (16' 5"), or a fall protection system that meets the requirements of Part 14 of the Manitoba Workplace Safety and Health Regulation.
- (e) where it is fixed at an angle of more than 25 degrees to the vertical or more than one horizontal to two vertical, it should be equipped with:
- (i) a handrail that extends its entire length and is between 800 mm (31.5 ") and 920 mm (36.25 ") above the front edge of the treads,
  - (ii) treads that are level and uniform in width and depth and in the vertical distances between them throughout the length of the ladder, and
  - (iii) on an open side, both a handrail and an intermediate rail or equivalent safeguard.

An employer and an owner must ensure that a fixed ladder that complies with the requirements of section 13.20 is used to provide access to every level of multi-level building that is more than 4 m above the preceding level.

"Cette information existe également en français au [www.gov.mb.ca/labour/safety/index.fr.html](http://www.gov.mb.ca/labour/safety/index.fr.html)"