



# TWS Working at Heights/Fall Protection

## Attention Managers - Health & Safety Supervisors

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WorkSafeBC's OHS Regulation *Part 11: Fall Protection* requires workers to use a fall protection system where they could fall at least 3m (10ft) or where a fall from a lesser height may result in serious injury. Workers must be trained thoroughly in the safe use & limitations of personal fall protection equipment, including safety belts, harnesses, lanyards, and lifelines.

Reference: <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-11-fall-protection>

WorkSafe BC requires employers and supervisors to be responsible for ensuring all workers are:

- Adequately trained and certified
- Provide direct supervision and correct unsafe acts/conditions
- Ensure only authorized, adequately trained workers operate equipment
- Maintain health and safety standards

## Intended Audience - Course Overview

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This course is intended for employees working at heights of 3 meters (10ft) or more, requiring fall protection. Participants will be provided with comprehensive theory and practical training in understanding types of falls & components of fall protection systems, safety & emergency rescue planning, donning & inspecting PPE, and risk management & hazard control in the workplace.

This course will verify employee understanding and demonstration of fall protection concepts and methods as required in *CSA Z259 standards and WorkSafe BC OHSR Part 11: Fall Protection and related guidelines*.

### Class Size

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Up to 12 students per class.

### Course Length

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4 / 6 / 8 hours depending on subjects covered

### Registration Course Cost

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Course costs will vary depending on number of students, duration of course and training location

Contact us for pricing:  
**604-864-8628**  
or  
[registration@twsolutions.ca](mailto:registration@twsolutions.ca)

### Record of Training Certificates

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TWS Record of Training Certificates come with a 3-year validation

## Course Details

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Each participant will be instructed on the safe operational procedures for conducting visual inspections and cylinder requalification under Federal and Provincial Regulations and all Authorities having Jurisdiction. Participants will learn:

- Oversight - Federal/Provincial Legislation
- CSA-related codes and standards
- Hazard assessment, elimination, control
- Fall safety statistics
- Situational awareness
- When fall protection is (and is not) required
- Types of falls
- Hierarchy of fall protection
- Fall protection equipment
- Special hazards
- Understanding anchor and lifelines
- Calculating clearance requirements
- Inspection and maintenance of equipment
- Work positioning
- Fall protection on vehicles and loads
- Working from aerial work platforms
- Potential injuries from falls
- Emergency preparedness

## About TeamWorks Solutions

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When it comes to skills training and employee development, one thing is for sure; the more effective your training systems are, the better skilled and more productive your workforce will be. Whether you're national in scope or specialize in industry-specific markets, we can help. From training to curriculum development to supervisory leadership & due diligence, we'll work with you and your team to find the right solutions.

All TeamWorks Solutions industrial safety training courses meet Federal and Provincial legislation in British Columbia, which meets the requirements of WorkSafe BC, the Canadian Standards Association, and other applicable Authorities Having Jurisdiction.

[www.twsolutions.ca](http://www.twsolutions.ca) 604 864 8628 [registration@twsolutions.ca](mailto:registration@twsolutions.ca)