



SOP-SITE-07 – Working at Heights and Fall Protection Procedure

Working at Heights and Fall Protection Procedure

Viking Reinforcing Ltd. – Construction Site Operational Procedure
Fall Protection and Elevated Work Safety for Reinforcing Steel Installation
Applicable to All Viking Reinforcing Field Operations – British Columbia

Document Control

Document Number	SOP-SITE-07
Activity	Working at Heights / Fall Protection
Applicable Standard	ISO 45001:2018 Clause 8.1 – Operational Control
Jurisdiction	WorkSafeBC Occupational Health & Safety Regulation – Part 11
Prepared By	Derek Sanderson, MBA, CISSP
Revision	1.0
Effective Date	2026-03-06

1. Purpose

This procedure establishes safety requirements for Viking Reinforcing workers performing tasks at elevated heights. The objective is to prevent falls from height and comply with WorkSafeBC fall protection regulations.

2. Scope

This procedure applies to all Viking Reinforcing employees performing work at heights including suspended slabs, elevated decks, scaffolds, formwork areas, and structures where a fall hazard exists.

3. Roles and Responsibilities

VP Production – Chad Cowan

- Ensures fall protection systems and equipment are available.

Chief Safety Officer – Dan Ansell

- Oversees fall protection training and compliance.



SOP-SITE-07 – Working at Heights and Fall Protection Procedure

Foreman– Danny L’Heureux

- Ensures fall protection systems are used on site.

Crew Members

- Properly use fall protection equipment and report hazards.

4. Required Personal Protective Equipment

When working at heights workers must wear:

- Hard hat
- Safety boots
- High visibility clothing
- Full body harness where fall protection is required
- Shock absorbing lanyard or self-retracting lifeline

5. Fall Hazards

Common fall hazards during rebar installation include:

- Unprotected slab edges
- Open floor penetrations
- Working on elevated formwork
- Climbing reinforcing cages
- Slippery surfaces due to weather conditions

6. Fall Protection Requirements

Fall protection must be used when workers are exposed to fall hazards as defined by WorkSafeBC regulations. Acceptable fall protection systems include:

- Guardrail systems
- Fall restraint systems
- Personal fall arrest systems
- Safety nets where applicable.

7. Fall Protection Equipment Inspection

Workers must inspect harnesses, lanyards, and anchor points before use. Damaged equipment must be removed from service immediately.

8. Safe Work Practices

Workers must follow these practices:

1. Identify fall hazards before starting work.



SOP-SITE-07 – Working at Heights and Fall Protection Procedure

2. Install guardrails where possible.
3. Use fall arrest systems when guardrails are not available.
4. Maintain three points of contact when climbing.
5. Keep work areas clean to prevent slips.

9. Prohibited Practices

The following practices are prohibited:

- Working near edges without fall protection
- Using damaged fall protection equipment
- Attaching lanyards to unapproved anchor points
- Climbing reinforcing steel cages without protection.

10. Emergency Procedures

In the event of a fall or near miss:

1. Stop work immediately.
2. Provide emergency assistance.
3. Notify the supervisor.
4. Report the incident using FORM-OHS-02 – Incident Report Form.

11. Records and Documentation

FORM-OHS-02 – Incident Report Form

FORM-OHS-06 – Hazard Assessment Form

LOG-OHS-04 – Safety Meeting Log

REGISTER-OHS-02 – Corrective Action Register

12. Continuous Improvement

Fall hazards, incidents, and near misses will be reviewed during safety meetings and management reviews to improve fall protection procedures.