Énergie NB Power

Fall Protection – WELL Sheet
What Excellence Looks Like

WELL Sheet #:1007
Revision: 2025-02

Date:	**Location:**			
Permit:	☐**NB Power Workers**	☐**Contractor Name:**		
Observation team member:		Signature:		
Observation team member:		Signature:		
Fall Protection NBP standard HSEE-03-16. NB Regulation 91-191 sections 49.1 -50.5			**Yes**	**No**	**N/A**
1.	**Fall protection hierarchy of controls. 1.Could working at heights be eliminated, like using a reach pole to change light bulbs at height? 2. Can you install a physical barrier, like a guardrail around an unprotected edge? 3. Can you use a travel restraint system, tethering a worker back just enough so they cannot reach a leading edge to fall? 4. Use Fall arrest to reduce fall force and clearance margins within acceptable parameters when no other option is available.** **Whenever possible, use of guardrails, approved work platforms, scaffolds or elevated work platforms should be utilized to eliminate potential fall exposures. Verify perimeter guardrails, scaffolds, work platforms are installed correctly and properly protect workers from a fall.** ☐ Guardrails ☐ Control Zone Warning line indicators for a low pitch roof (less than 3 in 12 pitch) with safety monitor / observer. Workers at all times must be 3meters or more from leading edge. (91-191 49(6)) ☐ Travel Restraint system (Eliminates the possibility of worker falling to a lower level) ☐ Safety Nets ☐ Fall Arrest system (in the event of a fall is designed to stop a worker from hitting the level below the fall, minimizing injury. Typically harness, lanyard, anchor etc.)			
2.	JHA, Safe Work Method, or documented procedure exists for work at heights and has been reviewed, is sufficiently detailed, and the control measures outlined are being followed.			
3.	Safety Nets. Are they installed and inspected by a competent person as per Safety Net Manufacturer's instructions. Meet regulation 91-191 49.8(1) and 49.8(2).			
4.	Travel Restraint. Must be designed to not allow the possibility of workers traveling beyond a leading edge where a potential to fall exists, otherwise a Fall Arrest system is required. (Travel Restraint system must be able to withstand 2 times maximum force as determined by a competent person) When it is used on a roof with a slope greater than 3 in 12, is attached to an anchor point that is capable of withstanding a 22 kN force or, if used under the direction of a competent person, four times the maximum load that may be generated in the fall-arresting system.			
5.	Is equipment appropriate for work environment? i.e. if hot work is being performed use metal cable systems and hot work specific harness vs synthetic lanyard.			
6.	System components have been inspected by worker prior to use: ☐Harness ☐Lanyard ☐Retractable ☐Connectors ☐Vertical Lifeline and Rope grab ☐Other_____			
7.	Fall Arrest system components (harness, lanyard, anchorage connectors etc.) have received an annual inspection by a competent person, and the annual inspection date is valid.			

Énergie NB Power

Fall Protection – WELL Sheet
What Excellence Looks Like

WELL Sheet #:1007
Revision: 2025-02

8.	Fall Arrest Anchor points are inspected by a competent person before initial use, as recommended by manufacturer, installer, or an engineer at least every 12 months as per regulation 91.191 section 49.3(1)(2)(3)(4)(5)			
9.	Anchor type being used: ☐Certified permanent engineer approved anchor point ☐Non-Certified anchor point that is selected by a competent person after a visual inspection of the location. Competent person must visually inspect and decide whether or not that area is capable of supporting 5000lbs. ☐Beam clamp ☐Tie off adapter sling ☐Steel beam ☐Other _____			
10.	Worker(s) is trained in fall protection and training is valid.			
11.	Fall Arrest code of practice document is required / available as per regulation 91-19 section 50.2(1)(2)(3)(4) when: ☐ The worker(s) is working from a height of 7.5 meters (25ft) or more, ☐ An officer (WSNB) requires a code of practice be written.			
12.	For Fall Arrest, has worker(s) considered: ☐Height of tie-off location (less free fall the better, tie-off above shoulder, not at feet) ☐Distance to level below (will worker hit an obstruction if they fall) ☐Swing fall kept to a minimum ☐Adequate distance for deployment of lanyard or retractable (see fall clearance calculation on page 3 of WELL Sheet)			
13.	For Fall Arrest, harness has suspension trauma safety straps and worker(s) understands how to deploy them?			
14.	For Fall Arrest, a rescue plan has been developed / communicated and understood. Means for summoning assistance is in place and required personnel and equipment is available.			
15.	Horizontal lifelines are designed and certified by an Engineer to meet the requirements of CSAZ259.16-04 **or** pre-engineered by an equipment manufacturer. If not pre-engineered / manufactured it must be constructed to regulation 91-191 section 49.7(1)			
16.	Horizontal lifelines are installed by a competent person as per regulation 91-191 section 49.6 (link to 17)			
17.	Vertical lifelines shall be used for its intended purpose only and shall only be used by one employee at a time as per regulation 91-191 sections 49.4(1)(2). ☐Properly anchored ☐Free of imperfections ☐Provided with protective devices at sharp edges or corners ☐Be clearly identified as a lifeline by color coding or other means such as tagging to prevent using for another purpose like hoisting material. ☐Rope grab in proper orientation (arrow up) , and rope grab is compatible with size of rope			

Énergie NB Power

Fall Protection – WELL Sheet
What Excellence Looks Like

WELL Sheet #:1007
Revision: 2025-02

NOTES:

Énergie NB Power

Fall Protection – WELL Sheet
What Excellence Looks Like

WELL Sheet #:1007
Revision: 2025-02

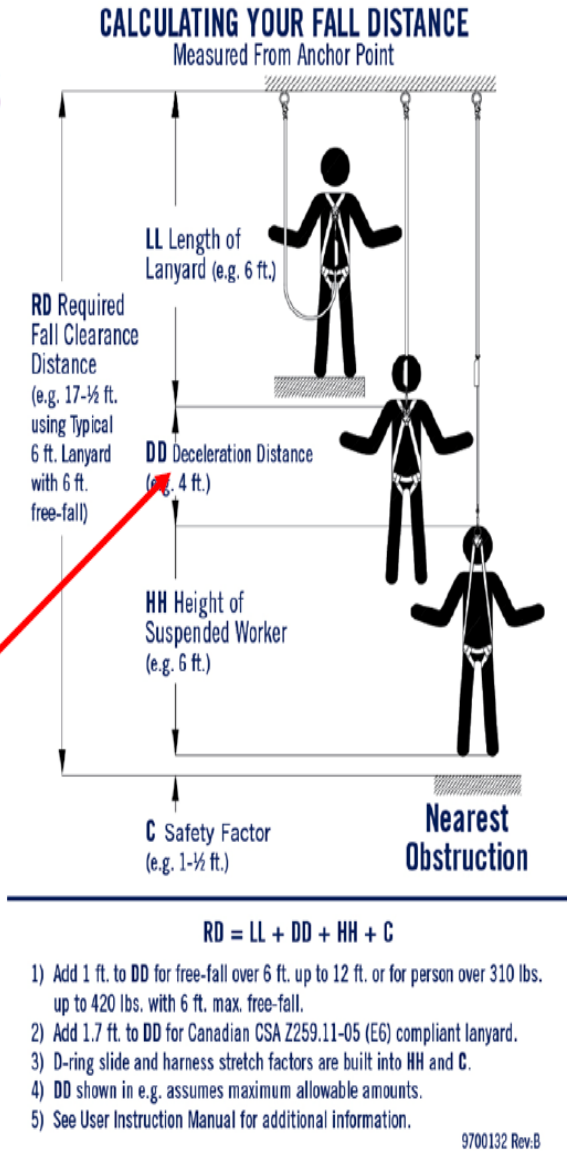
Fall Clearance Calculations

P.9

What are the considerations for calculating your fall distance from the anchor point?

RD = LL + DD + HH + C

Be mindful if you are using the newest lanyard standard that deployment may not be 4′



Énergie NB Power | the power of possibility / débordant d'énergie

Code of Practice must be established when employees are required to work from a height of 7.5 meters (25 feet) or more, where a safety monitor and work procedure is used while weatherproofing, or as required by an officer.

Énergie NB Power

Fall Protection – WELL Sheet
What Excellence Looks Like

WELL Sheet #:1007
Revision: 2025-02

Énergie NB Power | The power of possibility / Le pouvoir de l'énergie

Form # 0441
Rev. 11-2019
SCN 00040465

FALL PROTECTION CODE OF PRACTICE FORM - WORKING AT 7.5 M AND ABOVE

Section 50.2(4), General Regulation 91-191

Date:	
Time:	
WO#	
WP#	
Job Location:	
Functional Location (equipment):	

PERSON RESPONSIBLE FOR IMPLEMENTING THE CODE OF PRACTICE:

Print Name:	
Signature:	

WORK DESCRIPTION:

APPLICATION OF THE CODE OF PRACTICE

A "code of practice" SHALL be implemented under the following situations when:

- ☐ Working from a height of 7.5 m or more (50.2(1)), OR
- ☐ When weatherproofing a roof using a safety monitor

Safety Monitor Print name:	
Safety Monitor Trained:	☐ Yes ☐ No

As a Safety Monitor, are you aware of your responsibility? ☐ Yes ☐ No

FALL PROTECTION INSPECTIONS ** Section of the OHS Regulation 91-191**	Daily	Annual
Harness **50.5(1)	☐	☐
Lanyard **50.5(1)	☐	☐
Self-Retracting Lifelines (SRL) **50.4	☐	☐
Rope Grabs **50.4	☐	☐
Vertical Lifelines **49.4(1)	☐	☐
Horizontal Lifelines **50.5(1)	☐	☐
Temporary Guard Rails **50.4	☐	☐
Anchors **49.3(3)	☐	☐
Aerial Work Platforms **50.4	☐	☐

OTHER

EMPLOYEES ATTENDANCE / TRAINING REQUIREMENTS

Print Name	Initial	Have you been trained in your personal fall protection? (harness/ lanyard)	Do you understand the fall protection equipment and systems being used on this job?	Do you understand the rescue plan?

RESCUE PLAN (equipment / procedures/ description of possible hazardous situations)

SKETCH (optional)