

# QUIZ ANSWERS

1. 10 construction workers died from falls in 2008. (From 2004 to 2008, 45 construction workers in Ontario died from falls.)
2. The best fall protection prevents you from reaching the fall hazard in the first place. For example, guardrails physically prevent you from reaching an open edge. You simply can't fall. A travel-restraint system also prevents you from reaching an edge.

With a fall-arrest system, however, nothing stops you from going over the edge. The system will stop your fall in mid air, but it's always better not to fall at all. There are many situations, however, when fall arrest is your only option, and it's much better than no protection at all.

3. Your training on the basic principles of fall protection doesn't expire. But proper fall protection training also includes site-specific and equipment-specific training. You must be trained on the specific equipment, systems, and situations you'll encounter on the job. Once any of these things change, you need to get fresh training on the new "specifics".
4. It depends on the situation. Section 26 of the Construction Regulation describes the precise requirements for the open side of work surfaces, but here are some rough—but safe—rules you can follow. You need guardrails
  - if you're over eight feet (2.4 metres) high
  - if you could fall four feet (1.2 metres) if the area is used as a path for a wheelbarrow or similar equipment
  - at any height if you could fall into operating machinery, into water or another liquid, into a hazardous substance or object, or through an opening in a work surface.

If you can't install guardrails, you need to use some other form of fall protection that complies with the Construction Regulation.

5. Someone who knows how to replace the guardrail properly must put it back immediately after the delivery. Everyone on the jobsite, however, is responsible for reporting hazards. If you notice that a guardrail is missing and you can't replace it yourself, find someone who can or tell a supervisor.
6. A fall-arrest anchor must be able to hold the weight of a small car (about 3,600 lb).
7. It's easy to trip on debris and garbage. In the winter, ice and snow make surfaces slippery.
8. \$295.00
9. Ask your supervisor. Never face a fall hazard without protection.
10. Each person may have a different motivation. Some people consider what it would be like for their children, their wife or husband, or parents if they died on the job. Others want to prevent a brain injury or other disability. There are hundreds of good reasons to use fall protection. Remember yours.

