

## What you need to know about:

# FALLS FROM HEIGHT

## SAFETY HARNESSES SAVE LIVES!

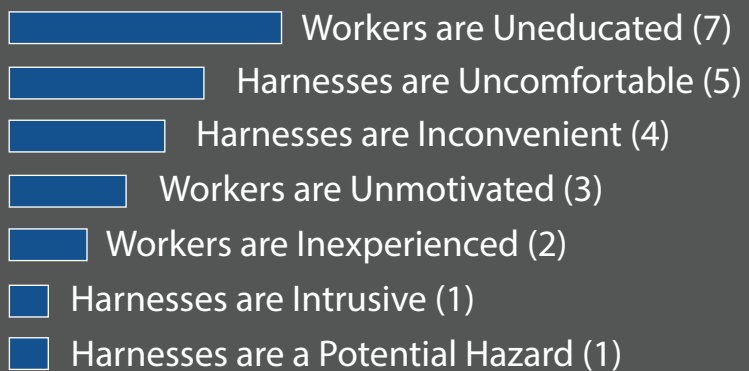
Ontario workers continue to be injured or killed by falls from heights. From 2009-2016, **92** Ontario workers died in falls from heights.



### Workers are more likely to wear a harness if:

- They have received training on the importance of harness use;
- Their harness is comfortable and fits well; and
- They know how to properly use their safety harness.

Figure: Trainer perceptions on why workers do not wear harnesses (n = 23).



## Recommendations if a worker falls and is suspended by their harness:

- R** **Rescue** worker promptly (ideally within 10 minutes).
- E** If worker is *conscious*, **Encourage** worker to use relief straps.
- S** Follow **Standard First Aid**/CPR practices.
- C** If worker is *unconscious*, **Call 911** immediately. Place worker on their back in a horizontal position.
- U** **Understand** this is an emergency.
- E** **Educate** – Practice your response plan as a team and recognize the symptoms of pre-syncope (loss of consciousness caused by a fall in blood pressure):
  - light headedness;
  - nausea;
  - flushing;
  - tingling or numbness of the arms, or legs;
  - anxiety;
  - visual disturbance; or
  - a feeling that they are about to faint.

For **CROSH's** full report visit: [crosh.ca/resources/harness-suspension](http://crosh.ca/resources/harness-suspension) or request it from [crostech@laurentian](mailto:crostech@laurentian).