

### Safeguarding

One of the most important aspects of being protected from a fall, is the equipment or safeguards you select. Where there is a risk of falling, an employer must always look for ways to eliminate the risk of an injury from a fall. An effective way of reducing falls is to use safeguards such as guardrails. Guardrails allow workers to shed the sometimes cumbersome fall arrest equipment and work freely within the area.

An employer or contractor shall ensure that workers use a fall protection system at a temporary or permanent work area where: (a) a worker may fall three meters or more; or (b) there is a possibility of injury if a worker falls less than three meters.

### What does the guardrail have to look like?

- The minimum height of the guardrail has to be 920mm and the maximum height is 1070mm (above the working surface) 9-11(1)(a)
- Must have a mid-rail spaced between the top rail and the working surface 9-11(1)(b)
- Has to have vertical members no more than 2.4m apart 9-11(1)(c)(ii)
- The guardrail system has to be able to support a worker who may fall against the guardrail 9-11(1)(d)
- Must be constructed of 38 by 89 millimetre construction grade lumber or other materials that are of equal or greater strength 9-11(1)(e)

### When is a wire rope guardrail suitable?

- A wire rope guardrail can be used on the external perimeter of a building under construction 9-11(4)
- Where a wire rope guardrail is used; 9-11(5)
  - the guardrail consists of a horizontal top member and a horizontal intermediate member made of wire rope that at minimum 9.5 millimeters in diameter, with vertical members at least 5.0 centimeters wide that are spaced at 2.4 meters 9-11(5)(a)
  - the horizontal top member and mid rope are positioned above the working surface in accordance with 9-11(1)(a) & 9-11(1)(b) 9-11(5)(b)
  - the guardrail must be set up so that a worker coming into contact with the ropes cannot fall through 9-11(5)(d)

### Other Pertinent Information

What are toeboards? When do you have to use them? A “toeboard” is a low vertical guard that is located at the outer edge of a platform, scaffold, floor, stair or walkway and that is designed to prevent materials or equipment from falling over the edge.

### You Need Toeboards When;

- You're dealing with a permanent floor, platform, mezzanine, walkway, ramp, runway or other surface from which it is possible for materials to fall more than 1.2 meters 9-12(1)(a)
- If you have a temporary scaffold or work platform from which it is possible for materials to fall more than three meters 9-12(1)(b)

When a toeboard is required by the rules and regulations, the toeboard must extend from the floor or other horizontal surface to a height of not less than 125 millimetres from the floor 9-12(3)(a)



Image Credit: <https://www.ehstoday.com/construction/guardrail-basics-what-you-need-know>

### Summary

Guardrails are one of the most effective forms of fall protection. It allows a worker to move freely on the working surface and remain safe at the same time. It is the most effective permanent solution as it prevents the fall entirely.

**Please refer to The Occupational Health and Safety Regulations, 2020 for more information**

# Tool Box Talk

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When accidents and incidents happen on the jobsite, we are always quick to point the finger at lack of training, not following practices or procedures, or even improper supervision. The idea that the hazards and dangers associated with the job were not properly communicated to all of the workers is often missed.

Tool Box Talks can go by many names, and although formats may vary, these meetings all serve one purpose: to inform employees and contract workers. Tool Box Talks are short, informal, meetings between management and the workers on a jobsite. The goal of these meetings is to reinforce current safe job procedures, inform workers of new and/or relevant procedures, review recent safety violations/incidents, and ensure workers are up-to-date on the information required to complete their work safely.

Always use a Tool Box Talk form to record the meeting topic, date, who was in attendance, and any follow-up actions to be taken. Not only do these forms help with consistency of record keeping, but they also ensure that nothing is missed. At the end of the meeting have management sign off on the form.

One of the most important aspects of a Tool Box Talk is giving workers an opportunity to voice their concerns and ask questions. All employees have a right to participate in health and safety as it relates to their work and it is the supervisor or manager's responsibility to create an environment for them to do so. Once the meeting is over, and the form is filled out, it should be filed with other documented Tool Box Talks.

Remember that Tool Box Talks are short and informal, they are not meant to be intimidating. Use the opportunity to have fun and stay on top of what is necessary to keep safety culture a strong part of the business.

For a full listing of Tool Box Talk topics, visit: [www.scsaonline.ca/resources/tool-box-talks](http://www.scsaonline.ca/resources/tool-box-talks)

For a copy of the Tool Box Talk form, visit: [www.scsaonline.ca/pdf/Tool\\_Box\\_Meeting.pdf](http://www.scsaonline.ca/pdf/Tool_Box_Meeting.pdf)

## About the Saskatchewan Construction Safety Association

The Saskatchewan Construction Safety Association (SCSA) is an industry-funded, membership-based, nonprofit organization that provides cost-effective, accessible safety training and advice to employers and employees in the construction industry throughout the province to reduce the human and financial losses associated with injuries. Registered March 20, 1995, the SCSA is, and has been since inception, committed to injury prevention. Serving almost 10,000 member companies with business offices in both Regina and Saskatoon, the major business units of the association are Advisory Services, Business Development, Corporate Services, Program Services and Training. The mission of the SCSA is constructing safety leadership in Saskatchewan and the vision is to create the safest construction environment in Canada.