

# SAFETY TIP OF THE WEEK

## ZERO HARM

### How long does it take to fall?

The Occupational Health and Safety Regulation requires workers to use a fall protection system where they could fall at least 3 m (10 ft.) or where a fall from a lesser height may result in serious injury. Workers must be trained thoroughly in the safe use and limitations of personal fall protection equipment including harnesses, lanyards, and lifelines. Many workers believe that they have time to regain their balance before they fall. This belief is not always correct. The following table indicates how far you can fall in just a few seconds:

Time (seconds)	Distance (meters)	Distance (feet)
0.5	1.2	4
1	5	16
1.5	11	36
2	20	64
2.5	31	100
3	44	144
4	78	256

You may not have time to grab hold of something safe, but you can still prevent a tragedy. Properly maintained and worn, full body harness attached to a secure anchor could save your life. Or maybe just simply using the ladder properly

