

Preventing Falls from Heights

Falls from heights are the leading cause of injuries to construction workers in British Columbia.

Many workers believe 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 (metres)	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

Speak up for safety to prevent falls:

- Have a safety plan in place.
- Don't ignore something that is unsafe. Correct it or report it.
- Speak up if you see something unsafe on the jobsite.



“Focusing on safety won’t make your crew look down on you. Falling will. Speak up for safety.”

Project				
Address		City	Province	Postal code
Employer		Supervisor		
Date (yyyy-mm-dd)	Time		Shift	
Number in crew		Number attending		

Other safety issues or suggestions made by crew members

Record of those attending

Name (please print)	Signature	Company
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks	
Manager's signature	Supervisor's signature