Compliance Review

eSafetyFirst Canada Fall Protection Course

The purpose of this document is to outline the compliance review for the eSafetyFirst Canada (eSafetyFirst) online Fall Protection Training course. The course was viewed in its entirety and then reviewed chapter by chapter to determine compliance with the different CSA Z259 standards. These standards are used in all Canadian jurisdiction as the compliance model for fall protection.

This report also measures the training and its alignment with provincial OHS Legislation. It is important to note that eSafetyFirst is clear on their catalogue page and throughout the course that there are differences with the different provinces that the learner needs to be aware of and there are some limitations to the course. eSafetyFirst also includes a guide for the practical demonstration/practice points in their resource materials.

Each section will contain points required for compliance with the legislation and recommendations for changes or revisions that need to be added to meet compliance. The report will also contain non-technical recommendations to improve or correct content.

The eSafetyCanada Fall Protection Safety course does not measure any practical training and also emphasizes that all participants must complete a practical training session separately with either their organization or an approved training to ensure they are working safely and to meet compliance with local legislation.

The report writer is eager to note the course is refreshing in that it does not focus solely on working from heights but also has a focus on slips, trips, and falls at the same level. The course features hazard awareness and prevention for falls on the same level which many fall protection programs do not.

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1. Legislative & Regulatory Compliance

- Course identifies **applicable legislation** for the learner's jurisdiction (Canada Labour Code, provincial OHS regulations). eSafetyFirst notes the limitations of the program for Ontarion and Newfoundland/Labrador
- Responsibilities of **employers and workers** are clearly explained in different modules.

- The course includes **site-specific fall-protection plan requirements**, which all jurisdictions mandate. This section covered in good detail.

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2. Fall-Hazard Identification

- The course clearly identifies common hazards: unprotected edges, openings, ladders, scaffolds, roof work, weather, and environmental risks. It also notes hazards that contribute to falls on the same level such as spills on floors.
- It also includes examples relevant to construction, industrial, and maintenance environments.

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3. Hierarchy of Controls

- The course explains the required hierarchy:
  Elimination → Guardrails → Travel restraint → Fall arrest.
- Emphasizes that PPE is the last resort also noting that employers should always strive for elimination or guardrails first before personal fall arrest systems (PFASs)

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4. Fall-Protection Systems & Equipment

- Covers **types of systems**: guardrails, restraint, fall-arrest, safety nets.
- Includes **anchor selection**, **connecting hardware**, and **lifelines**.
- Explains **equipment limitations** and compatibility.

Recommendation

~~It should be noted that Self-Retracting Lifeline devices or SRLs are not readily mentioned in the course. Fixed ladder SRLs are but not PFASs using SRLs~~

~~An SRL is a critical fall protection device that acts very similar a car seatbelt, using inertia barking. It automatically extends and retracting to allow worker mobility while instantly locking to arrest falls within inches. They are extremely handy when fall protection is needed where a 1.2 M lanyard is too excessive. Imagine a worker working 2M above unprotected rebar where they could become impaled if they fell and there is not enough total distance to accommodate a fall. See the image below for an SRL~~



~~It is highly recommended to add a portion or at least an image about SRLs as they are being used more and more in~~ **A slide has been added to meet this recommendation**

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5. Harness Use & Fitting

- The course talks about proper **donning, adjustment, and fit** of a full-body harness.
- It includes inspection criteria for straps, stitching, D-rings, and labels. Also noting about tucking in straps so they don't catch on things.

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6. Pre-Use Inspection Requirements

- The course teaches how to inspect:
    - Harnesses
    - Lanyards
    - Anchors
    - Connectors
- There is clear **removal-from-service criteria** for not just fall protection components but also ladders and other items.

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7. Fall-Arrest Physics & Clearance Calculations

- The course clearly explains **free-fall distance**, **total fall distance**, **deceleration**, and **swing-fall hazards**.

  It includes calculation examples to ensure learners can determine safe clearance.

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8. Emergency Response & Rescue

- The course goes into detail about **rescue planning**, including:
  - Self-rescue
  - Assisted rescue
  - Suspension trauma awareness
- The course also includes a good explanation of rappelling

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9. Site-Specific Fall-Protection Plans

- The course teaches about the need for a fall-protection plan and its different components:
  - Hazard assessment
  - Equipment selection
  - Rescue procedures
  - Work-area controls

References:

Canadian Centre for Occupational Health and Safety

Safety Evolution

Non-Technical Recommendations

1. ~~**Module 3 Slide 11 point 2** the narrator mentions kilopascals (kP) when the term she wants to use is kilonewtons (kN)~~ **This has been corrected**
2. ~~A picture of a carabiner would be handy. It would be beneficial is there was an image of a worker with a full body harness on and all the components were labelled. Not necessary for compliance, would just be beneficial~~. **A slide has been added with images to meet this recommendation**
3. ~~**Module 4 Slide 25 "Why Time Matters"** the narrator doesn't review the list on the right-hand side of the slide as she does with the other slides. Not a big deal but it might get noticed.~~ **This has been fixed**
4. A short video showing the donning of a full body harness and rough indicators for tautness, e.g. the hand test for leg straps. Not really a necessity but it would be highly beneficial.



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