# Fall Protection

**Hazard Elimination**
Changing the work process so the hazard no longer exists (e.g., building a roof on the ground).

**Guardrails, Protective Covers, and Warning Barriers**
Prevents a fall from unprotected edges or openings.

**Travel Restraint System**
Allows a worker to reach the edge but not fall over it.

**Fall Restricting System**
Designed to limit a fall distance to 0.6 m (2 ft).

**Fall Arrest System**
Designed to stop a falling worker before they hit the ground or objects below.

West Fraser Mills Ltd.

Supervisor Crew Talk