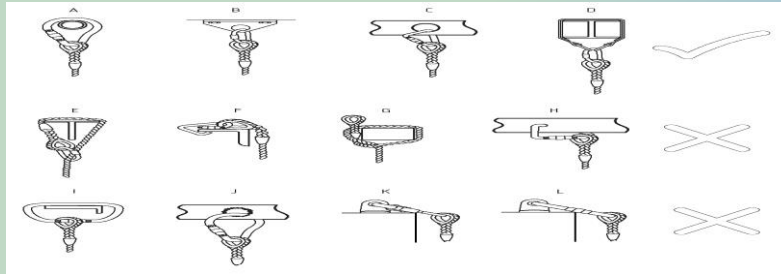


# Instructions to Workers Must Include

1. A review of applicable legislation.
2. Understanding of what a fall protection plan is
3. Fall protection methods to be used at the work site.



4. Identification of fall hazards
5. Assessment and selection of the specific anchors
6. Instructions on the safe use of connecting hardware
7. Information on the effects of a fall on the human body



8. Pre Use Inspection
9. Emergency response procedures to be used



10. Practice in inspecting, fitting, adjusting and connecting fall protection Equipment and the rescue procedures

Identifying the Hazards  
is the First Step in Staying Safe



**West Fraser Mills Ltd.**

