

PURPOSE/APPLICATION

To provide guidance for the pulling of tech cable into cable tray to prevent damage to the cable and to mitigate the risk to the individuals involved.

COMMON HAZARD SOURCES AND CONCERNS



PPE

- Strike Minimum Requirements (Hard Hat, Safety Glasses, Safety Footwear, Appropriate Protective Clothing)
- Hearing Protection (where required)
- Specialty PPE as per HIAC (Fall Protection equipment, face shield etc.)

TRAINING

- Fall Protection Training (Where Required)
- Strike Orientation
- AWP Training and Competency (Where Required)

TOOLS/EQUIPMENT

- Rollers
- Wire Tugger (Where Require)
- Hand and Power Tools
- Reel Jacks
- Rope
- Radio (Where Required)
- Rope on Cable

PRE-JOB ACTIVITIES

1. Inspect all fall protection equipment - use CF-S-27 Fall Protection Checklist
2. Assess work as per HIAC methodology
3. Inspect all mobile equipment - use CF-S-18 Construction Equipment Daily Prestart Checklist (where required)
4. Complete a fall protection and rescue plan where required using CF-S-28 (where required)
5. Inspect all tools and equipment particularly the rope



#	Job Steps	Hazards	Control Measures
1.	Position people, cable and equipment	<ul style="list-style-type: none"> ▪ Motion - Moving equipment ▪ Gravity - Heavy loads ▪ Pinch Points – Cable reel set up 	<ul style="list-style-type: none"> ▪ Ensure communication between all workers involved ▪ Use spotters when moving equipment and material ▪ Use multiple people or equipment for heavy loads ▪ Verify ground it suitable for size and weight of reel ▪ Maintain body position when working around reel stay out of the line of fire ▪ Verify the cable jacks and bar are rated for the load
2.	Connect the rope or pulling mechanism	<ul style="list-style-type: none"> ▪ Motion – Sharp edges on cable 	<ul style="list-style-type: none"> ▪ Wear gloves when handling rope and material
3.	Start pulling cable	<ul style="list-style-type: none"> ▪ Motion - Damaged cable, Sharp edges, pinch points ▪ Human Factures – Fatigue, repetitive motions, tension on rope, Overexertion ▪ Gravity - Working at heights, falling cable ▪ Debris in cable 	<ul style="list-style-type: none"> ▪ Monitor cable to verify it is moving freely ▪ Tag Cable ▪ Check for damage to cable prior to pull ▪ Wear gloves ▪ Keep hands and arms out of the line of fire of the cable ▪ Keep body parts clear of the pinch points in the tray around the cable ▪ Stretch before starting work ▪ Take micro breaks where required ▪ Consider rotating workers to prevent too much pulling in a signal body position ▪ Have workers pull in teams with heavy or awkward pulls ▪ Use radios where required to coordinate the pulling
4.	Position cable in proper position and secure it with ty wrap	<ul style="list-style-type: none"> ▪ Motion - Pinch points, Sharp Edges 	<ul style="list-style-type: none"> ▪ Wear gloves ▪ Avoid sharp edges on ties by twisting off ▪ Maintain communication between workers to ensure all cable wrapped in the proper location



ADDITIONAL PRECAUTIONS

- Ambient Temperature – Dress for the weather conditions
- Watch for cable bends in temperatures below -20 degrees Celsius
- When pulling using rope keep the employees clear of the line of fire in case the rope was to break or become unattached

REFERENCES / ADDITIONAL INFORMATION

Strike Safe Work Procedure

- SWP – 19 Housekeeping
- SWP – 22 Material Handling
- SWP – 32 Lockout / Tag Out

REGULATIONS

Alberta OH&S Code

- Part 14 – Lifting and handling loads
- Part 15 – Managing the control of hazardous energy

Manitoba Code

- Part 38 – Electrical Safety
- Part 14 – Fall Protection

BC OHS Regulations

- Part 11 Fall Protection
- Part 13 Ladders, Scaffolds and Temporary Work Platforms
- Part 19 Electrical Safety

Saskatchewan

- Part 30 – Additional Protection for Electrical Workers
- Part 6 – General Health Requirements

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