

WORKING AT HEIGHTS

INTRODUCTION

Work at height means work in any place where, if there were no precautions in place a person could fall a distance liable to cause personal injury. Falls from height are one of the biggest causes of workplace fatalities and major injuries. Common causes are falls from ladders and through fragile roofs.

You are working at height if you;

- Are working on a ladder or a flat roof.
- Could fall through a fragile surface.
- Could fall into an opening in a floor or a hole in the ground.

There are many situations where a ladder is the most suitable equipment for working at heights however:

- Avoid working at height where it is reasonably practicable to do so.
- Where work at height cannot be avoided prevent falls using either an existing place of work that is already safe or the right type of equipment.
- Minimize the distance and consequences of a fall by using the right type of equipment where the risk cannot be eliminated.
- Do as much work as possible from the ground.
- Ensure workers can get safely to and from where they work at height.
- Ensure equipment is suitable, stable and strong enough for the job, maintained and checked regularly.
- Ensure you don't overload or overreach when working at height.
- Take precautions when working on a near fragile surface.
- Provide protection from falling objects.

Approved By: Managing Director.

Signature: