

# Working at Height

- If you are working somewhere where you could fall and cause yourself injury then you are deemed to be working at height.
- This could be standing on the back of a wagon to unload, putting pins in the mast of a machine, using a ladder to take shackles out of a casing or standing at the top of a batter.
- If you are working at height then there must be something in place to stop you falling and hurting yourself.
- Avoid the need to work at height if possible (work only from ground level).
- Follow good practice (ask your supervisor if you are not sure)
- Risk assessments should be carried out for work at heights (ask your supervisor if you have not seen these),
- Plan and organise and ensure competent persons are involved.
- Manage risks to avoid, prevent or reduce the chances of a fall.
- Choose the correct work equipment and select best measures to prevent falls – work platform with guardrails before fall arrest.
- Best Machinery – Hierarchy of access equipment.
  - Scaffolding
  - Mobile Alloy Tower
  - Mobile Elevated Work Platform
  - Ladders
  - Fall Arrest
- If you think that there should be measures in place to prevent you from falling, or if the measures that are in place are not adequate then speak to your supervisor.

## **Did you know?**

Around 50% of all fatalities reported year on year in the construction industry were caused by falls from height. Regulations were introduced last year to control 'Work at Height'.



**Q. What should be carried out before any Work at Heights?**

**Q. What should be considered before using fall arrest?**

**Q. What % of construction fatalities are caused by falls from height?**