

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?