

WORKING AT HEIGHT



Falls from height are a major cause of workplace fatalities and serious injuries. Following the Hierarchy of Control helps you to assess the risks and put appropriate measures in place to enable work at height to be carried out safely.



Level 1

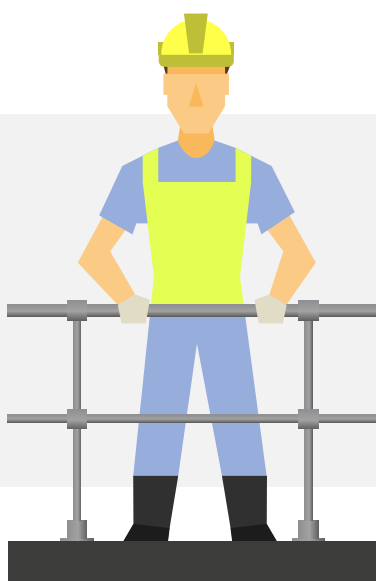
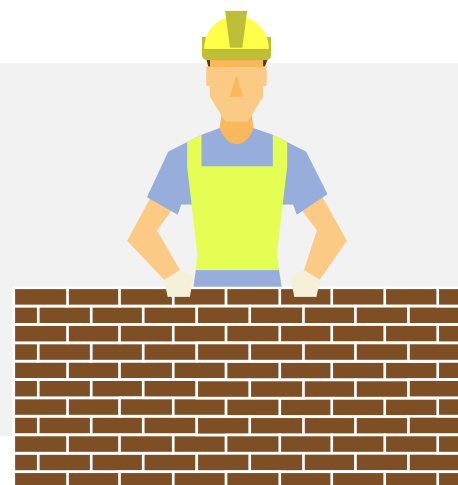
Avoid working at height

This could be done by locating plant equipment at ground level rather than on a roof, or changing working practices such as using a reach and wash system to clean windows rather than a ladder.

Level 2

Prevent falls using the existing workplace

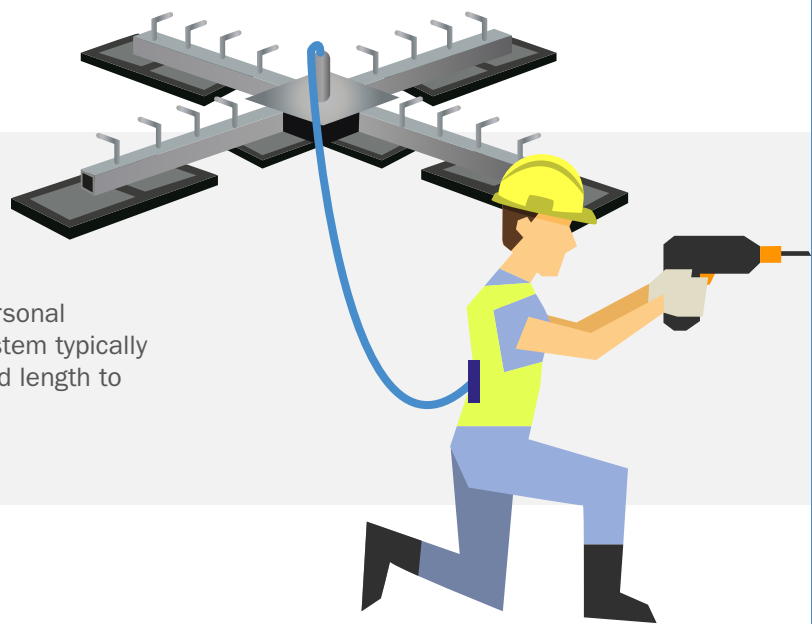
If working at height can't be avoided use an existing safe place to carry out the work. This should be where additional protective equipment is not needed and there is no risk of falling because preventative measures are already in place, such as a balcony or parapet.



Level 3

Prevent falls using collective equipment

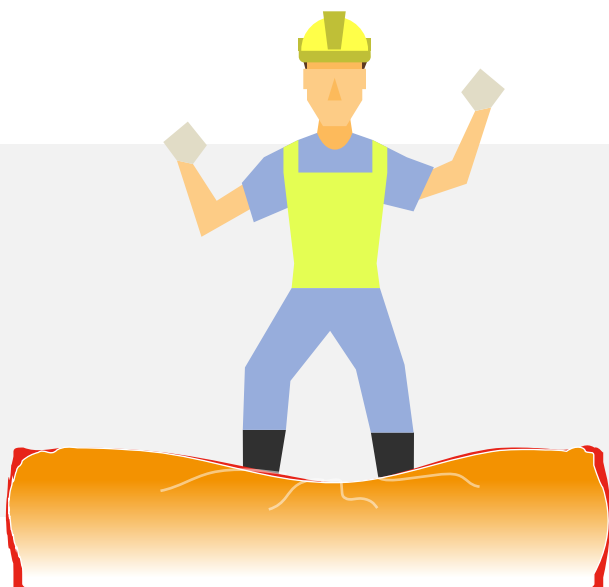
Such as guarded platforms or edge protection to prevent falls.



Level 4

Prevent Personal Protective Equipment (PPE)

The final measure in preventing falls from height is to use Personal Protective Equipment such as a fall restraint system. This system typically includes an anchor point and lanyard adjusted or set to a fixed length to prevent the user reaching a hazard.



Level 5

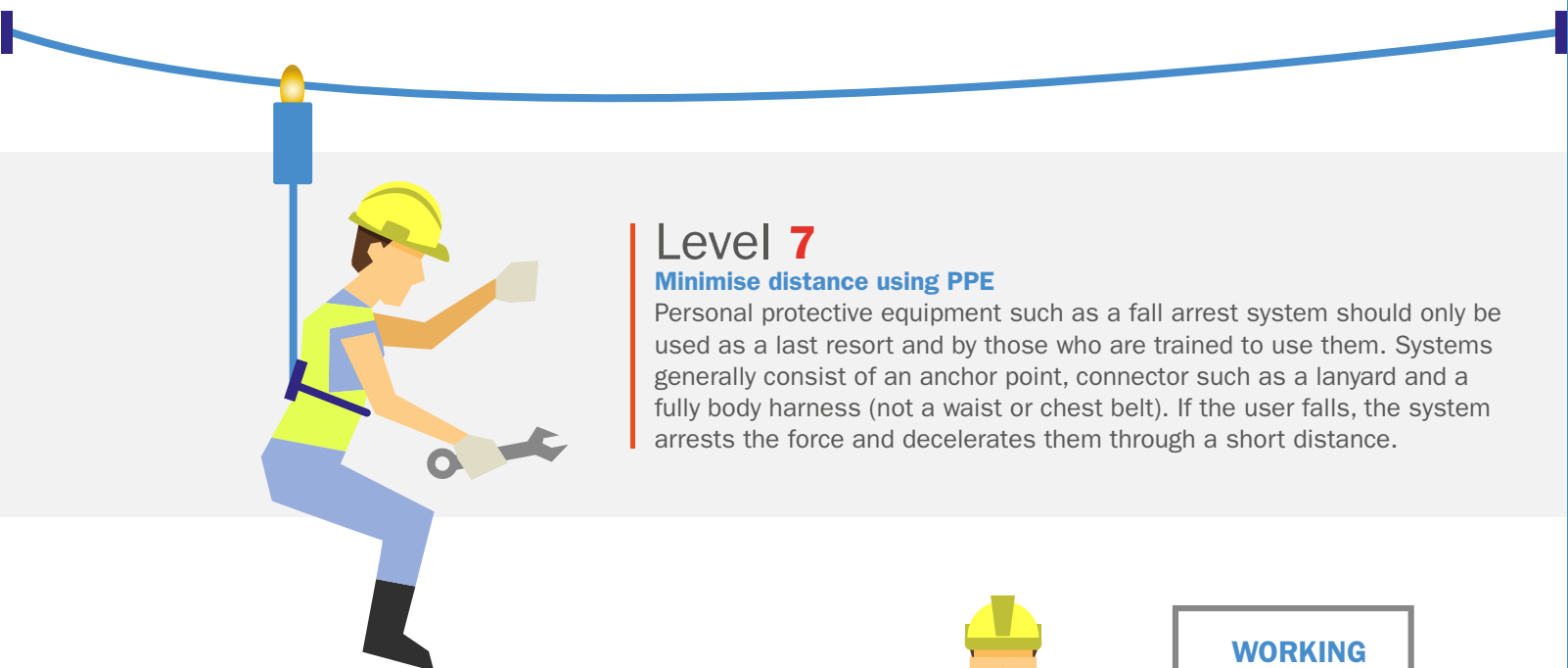
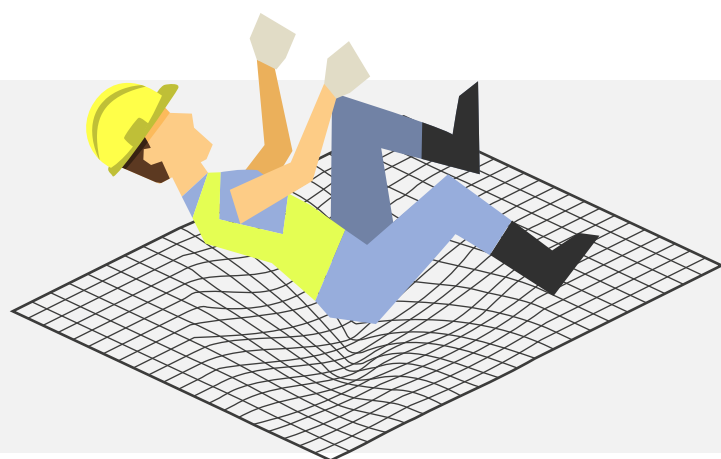
Minimise distance using collective equipment

If a fall cannot be avoided then the consequences of a fall must be mitigated. Collective equipment such as airbags placed beneath the work area reduce the distance the worker could fall.

Level 6

Minimise consequences using collective equipment

This differs to Level 5 as the netting is used to soften the impact of a fall, not reduce the distance.



Level 7

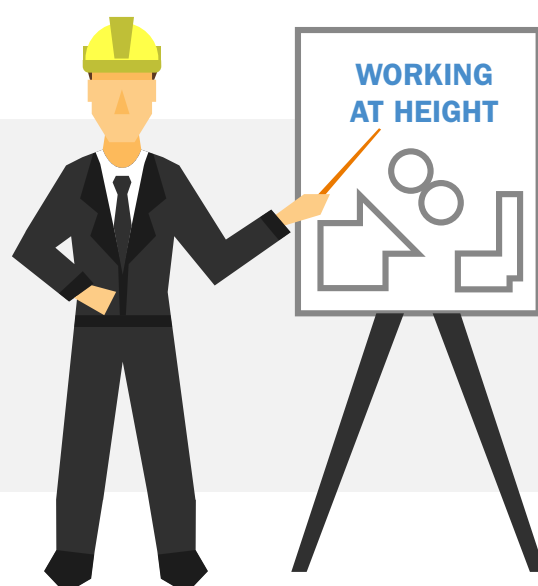
Minimise distance using PPE

Personal protective equipment such as a fall arrest system should only be used as a last resort and by those who are trained to use them. Systems generally consist of an anchor point, connector such as a lanyard and a fully body harness (not a waist or chest belt). If the user falls, the system arrests the force and decelerates them through a short distance.

Level 8

Minimise consequences through training and instruction

Anyone working at height must have sufficient training and instruction in order to carry out the task competently. Training should include safe working practices and on the correct use of equipment in accordance with the manufacturer's recommendations.



For further information or to discuss your work at height requirements, please contact us on

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