



## 17.0 Work At Height

Wherever possible work at height where a person could fall from a distance liable to cause personal injury should be avoided by planning the work so that it can be conducted safely from the ground. Where work at height cannot be avoided, managers should ensure that a risk assessment is carried out and suitable control measures are put into place to reduce the risk of falling.

### 17.1 Managing Work At Height

Where work at height cannot be avoided managers shall ensure that;

- The work at height is properly planned and organised.
- People involved in work at height are competent.
- Wherever possible, the work is carried out from existing place of work.
- Appropriate work equipment is selected and used.
- Risks from fragile surfaces are properly controlled.
- Equipment for work at height is inspected and maintained.
- Emergency procedures are considered.

The following hierarchy shall be applied when carrying out a risk assessment;

- **Avoid** working at height wherever possible.
- **Prevent** any person falling, where working at height cannot be avoided, use work equipment or other measures to prevent persons or materials falling from height.
- **Mitigate** falls where the risk of a fall cannot be eliminated, use work equipment or other measures to minimise the distance and consequences of a fall should one occur.

	Collective	Personal
Work equipment which prevents fall	Guardrails/ Advanced Guardrails Scaffolding/Mobile towers Multi user MEWPs	Personal Fall Prevention Work Restraint Single user MEWPs Pulpits
Work equipment which minimises height & consequence of fall	Nets at high level Soft landing systems (close under surface) <sup>++</sup> Nets at lower level * ( > 2m below surface)	Personal Fall protection systems used in FF0 FF1 FF2
Work equipment which minimises consequence of fall	Soft landing systems Nets at low level * ( ≤ 6m below working position)	Injury reduction systems # ( e.g inflating jackets) Lifejackets
Work equipment which does neither	ladders, step ladder, hop ups, trestles, platforms designed without guarding (Not illegal platforms)	) Not in any order )

↑ desirable  
↓ Undesirable

<sup>++</sup> may not be Reasonably Practicable \* may be difficult to justify why cant install higher # new products



In all cases **collective** protection measures have priority over **personal** protection measures.

## 17.2 Personal Fall Protection Equipment



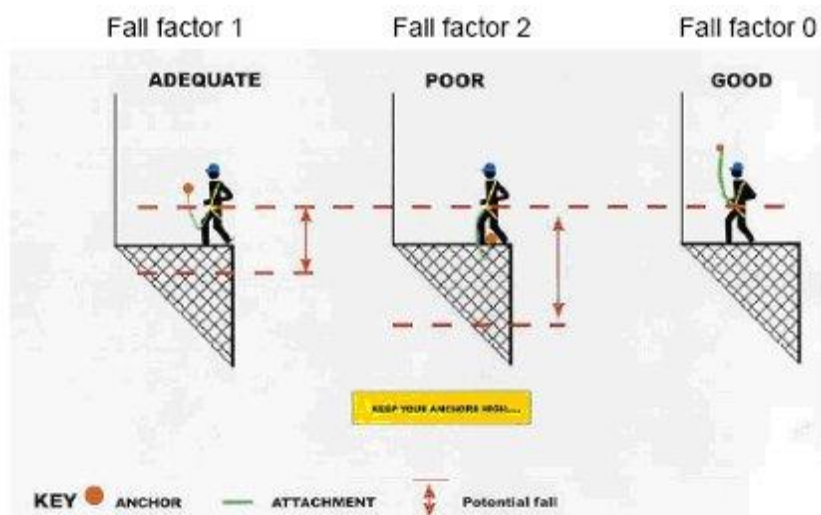
**Safety harness  
must be worn  
in this area**

The first consideration should always be to prevent persons from being in, or reaching a position, where they could fall from height. Where this is not reasonably practicable a personal fall protection system may be considered as a last resort. This provides a secure connection between the worker and workplace structure and comprises:

- Full-body safety harness conforming to the relevant national standard, e.g. BS EN 361.
- Safety lanyard and energy absorber conforming to the relevant national standard, e.g. BS EN 354.
- Anchorage conforming to the relevant national standard, e.g. BS EN 795.

The lanyard length should be kept as short as possible whilst still retaining a sufficient degree of free movement for the worker. It must not exceed 2m in length and must have an integral energy absorption system.

Wherever possible, the anchor point should be overhead. Sufficient space must always be maintained to ensure the length of any fall is not greater than that for which the system is designed.





The following training and information shall be provided:

- How to inspect the harness before use.
- The correct way to put on the full body harness.
- Specific conditions under which the full body harness may be used.
- Characteristics required for a reliable anchor point and how to connect to it.
- Minimum clearance below the feet of the user to avoid collision with the structure or ground.
- Hazards which may affect performance, e.g. sharp edges, chemicals, abrasion, UV degradation.
- The rescue procedures (there should not be reliance on the emergency services).

If a harness and lanyard has been subjected to a fall, it shall be disposed of and replaced.

### 17.3 Ladders And Stepladders



The company shall ensure that ladders are only used for work at height if a risk assessment has demonstrated the use of more suitable work equipment is not justified because of the low risk and:

- The short duration of the work.
- Existing features on site which cannot be altered.

When determining if a ladder or stepladder is the most appropriate equipment to use for work at height the following should be taken into account;

- The nature of the work and type of tools required.
- The height of the proposed work, (ladders must never be used for work over 9m).
- Strength and surface condition and type of structure against which the ladder is to rest.
- Ensure the ladder can be properly positioned at the correct angle, ideally about 75° to the horizontal, i.e. approximately 1m out for every 4m in height.
- Ensure the ladder can be securely fixed against slipping sideways, at the top or bottom.



- If the ladder can't be secured it must be 'footed' by another person.
- Footing is not considered effective for ladders longer than 5m.
- Condition of the site, e.g. exposure, weather, movement of persons or vehicles.
- Whether the ladder user will have a safe handhold.
- The ability and experience of the persons carrying out the work.
- Ensure employees know how to check the ladder is in good condition before use.

Ladders should always be secured if possible and be primarily used for access and only be used at workplaces to do light work of short duration if it is safe to do so.

It is generally safer to use a tower scaffold or MEWP, even for short-term work. Heavy work activity carrying heavy loads should never be carried out from a ladder.

Persons using a ladder must always have three points of contact, i.e. two legs and a hand

Any surface upon which a ladder rests shall be stable, firm, of sufficient strength and of suitable composition safely to support the ladder so that its rungs or steps remain horizontal, and any loading intended to be placed on it.

#### **17.4 Contractors**

The safety co-ordinator shall ensure that any contractors working on the premises are asked to provide risk assessments and where necessary method statements for any work at height.

#### **17.5 Sub - Contractors And Temporary Agency Staff**

The senior team in collaboration with the safety co-ordinator shall ensure that any short term staff are fully briefed in and comply with all policies, safe systems and collective measures.