

Working at Height

HEALTH AND SAFETY CHECKLIST



It is vitally important that organisations protect their employees when working at height. The Working at Height Regulation 2005 asks that the employer:

- **Avoid Work at Height Where Possible:** Employers must assess whether tasks can be completed from the ground to eliminate the risk of falls.
- **Use Proper Equipment:** If working at height is unavoidable, appropriate safety equipment such as guardrails, scaffolding, and personal fall protection systems must be used.
- **Conduct Risk Assessments:** Employers must identify risks and take measures to mitigate them.
- **Ensure Proper Training:** Employees working at height must receive adequate training and supervision.
- **Regular Equipment Inspections:** Ladders, scaffolding, and safety harnesses must be routinely inspected to ensure they are safe for use.

Risks

Scaffold Collapses:

Poorly erected scaffolding or a lack of proper maintenance can lead to structural failures.

Falling Objects:

Tools and materials falling from height can pose a severe hazard to workers and pedestrians below.

Poor Weather Conditions:

Wind, rain, and ice can create slippery surfaces and reduce visibility, increasing accident risks.

Fragile Roofs:

Roofs made of brittle materials, such as asbestos cement or plastic, can break underweight.

Falls from Ladders:

Using unstable or poorly positioned ladders increases the risk of falls.



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Control Measures

Use of Fall Prevention Systems:

Guardrails, barriers, and work platforms can prevent falls.

Personal Protective Equipment (PPE):

Safety harnesses, helmets, and non-slip footwear provide additional protection.



Safe Use of Ladders and Scaffolds:

Ladders should be stable and positioned correctly, while scaffolding must be built by competent personnel. For a full inspection checklist for ladders, we have a guide available.

Edge Protection:

Roofs and platforms should have guardrails and toe boards to prevent falls.

Proper Training and Supervision:

Workers must be trained in safe working practices and the correct use of safety equipment.

Emergency Procedures:

Plans must be in place for rescue operations in case of a fall.