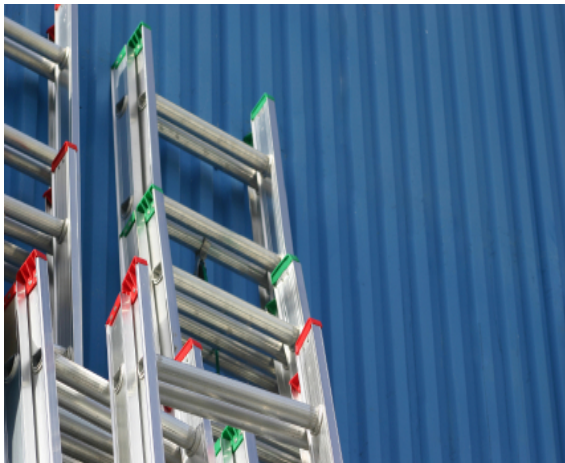


## Work at Height Controls

The risk of harm and damage from work at height can be significantly reduced by careful consideration of control measures. The following control measures can be used to reduce work at height risks:

**All work at height should be carefully planned. Work at height should be avoided where possible however if it is necessary collective control measures should be given priority over personal control measures.**

### Ladders



- Carry out a visual pre-check prior to use (rungs, feet, uprights)
- Limit the duration of work in one place to 30 minutes
- Avoid over-reaching by moving the ladder more often
- Only carry loads that allow **3 points of contact**
- Ensure employees are aware of the hazards of using ladder
- If the ladder is used for high risk work it needs to be inspected by a competent person (construction, roofing, etc.)

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### Scaffolds

- Ensure that all scaffold erection, modification and dismantling is completed by a fully qualified scaffolder holding the appropriate CSCS card
- Erect scaffold on firm, stable foundation
- Refer to the Code of Practice for Access and Working Scaffolds
- Keep access and exits points clear
- Insist on a good housekeeping system to reduce the risk of trips and falling objects

#### Do not:

- ✗ Do not use the scaffold until it has been fully completed and declared safe to use by the scaffolder
- ✗ Do not overload the scaffolding with employees, materials or equipment
- ✗ Do not use scaffolds in bad weather conditions

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## MEWPs (Mobile Elevated Work Platforms)

- Ensure that persons using MEWPs are trained and aware of the risks associate
- Ensure that persons working on MEWPs are attached with a safety harness where necessary
- Ensure access and exit point are kept clear

### Do not:

- ✗ Overload a MEWP
- ✗ Use a MEWP in windy weather
- ✗ Use in close proximity to 'live' overhead lines

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## Lifting Equipment

- Lifting equipment should be thoroughly checked by a competent person every 6 months (slings, chains, hoists)
- Provide employees with appropriate instruction on how to carry out visual pre-checks on their work at height equipment
- Visual pre-checks should be carried out prior to every use to check for wear, damage, tears, etc.

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## Personal Fall Arrest

- When using personal fall arrests, the distance from a fall from height must be longer than the length of the lanyard used (e.g. working on a roof of 8m, the lanyard must be less (e.g. 4-5m) to ensure you do not hit the ground in the event of a fall)
- Lanyards, harnesses and other fall arrest equipment should be inspected every 6 months by a competent person
- Frequently used lanyards, such as those in used daily in construction, should be inspected by a competent person every 3 months



Personal fall protection should be worn when:

- Working near an unprotected edge
- Constructing, altering and dismantling scaffolding
- Working on a moveable elevating working platform (MEWP)
- A risk assessment establishes that personal fall arrest equipment should be used