



Working at Heights

Is it possible to eliminate the need to work at height?
Can the job be done another way for example?

- Can fixed stairs, steps or platforms be built to provide permanent access?
- Can work be done from the ground using extension tools?
- Can the item be relocated to the ground level to work on?

If you have to work at heights consider:

- Is it possible to use a fixed gantry or walkway to access the job?
- Can you use scaffolding or a mobile platform?
- Can you use an elevated work platform or scissor lift?
- Do you need to use a harness and fall arrest system?

Before you start:

- Have you been trained to use the mobile plant or fall arrest equipment?
- Check all fall arrest equipment and safety devices before use
- Check scaffolding or mobile platforms before use
- Scaffolding above 4m must be erected by a competent person and have a valid scaftag
- Barricade off the area below the work

During the work:

- Where required wear safety harnesses and connect fall arrestors at all times
- Check for any loose objects – secure all tools and equipment at all times



It's a long way to the bottom, check your fall!



PROUD TO BELONG
PROUD TO BE SAFE



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