

# WORKING AT HEIGHTS

## What is 'working at heights'?

Working at heights is a situation where a person is exposed to a risk of a fall from one level to another that is reasonably likely to cause an injury.

Risks can apply to all fall hazards from one level to another, **REGARDLESS OF THE DISTANCE FROM THE GROUND.**

# LEGISLATION

## What the law says



Legislation requires a person who is carrying out a business or undertaking at a workplace to manage risks to health and safety associated with a fall by one level to another that is reasonably likely to cause injury to the person or any other person.



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# LEGISLATION

## What the law says

Workers have a duty to take reasonable care for their own health and safety and not adversely affect the health and safety of other persons.

Workers must comply with any reasonable instructions given by the person conducting the business or undertaking.



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# GENERAL HEIGHT SAFETY

To manage the risk of a person falling from one level to another, a safe system of work must be implemented for any work at height.



**STOP FALLS!**

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# GENERAL HEIGHT SAFETY

Key systematic requirements include:

- The personnel assigned to work at height having the necessary training to carry out the work safely
- Using the hierarchy of controls considering methods for safe work at height
- The strict compliance with applicable Codes of Practice, standards and legislative obligations
- The development of a rescue plan with all of the required equipment and competent personnel



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# THE WORKING AT HEIGHT HIERARCHY OF CONTROL

Where the potential for a fall hazard exists, the highest reasonably practicable control to prevent a fall must be added. The primary duty is to eliminate the hazard. However, if this is not reasonably practicable, the risk must then be reduced to a minimum level.



Safety Pays

# LEVEL 1 CONTROLS (ELIMINATION) ✓

- Always try to bring the job to ground level so that there is no risk of falling.
- Pre-assemble as much as possible at ground level.
- Where possible, suppliers provide ladders or platforms to avoid access to heights at height.
- If this is not possible, proceed to level 2 controls.



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# LEVEL 2 CONTROLS

- Place a solid barrier or handrail, so that the risk of a fall from height is eliminated.
- Install roof safety mesh.
- Install perimeter screen on safety mesh.
- Use temporary work platforms, i.e. scaffolds, elevating work platforms, mast climbing work platforms.
- If this is not possible, proceed to level 3 controls





# LEVEL 3 CONTROLS

- Use a travel restraint device or a lanyard with a static lanyard that will prevent the worker from reaching a position where a fall is possible.
- Travel restriction systems must be selected, installed and used in accordance with AS 1891.4 (Industrial Access Systems and Devices Series Parts 1 to 4).
- Use industrial rope access systems.



# LEVEL 4 CONTROLS

- Use catch platforms to arrest a fall.
- Wear and use a harness and lanyard with an energy absorber that is connected to a suitable anchor point that will arrest a fall.



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When using a fall arrest system be aware of the pendulum effect

# LEVEL 5 CONTROLS

- Undertake the work safely by following a procedure.
- Undertake the work safely from loads and stresses.
- If this is not possible, STOP THE WORK and report to the person in charge.

The specific controls selected to minimise the risk of falling should be as **reasonably practicable** as possible and be documented where they are used and incorporated within safe work method statements and risk assessments, as appropriate.

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# FALLING OBJECTS

When work is being performed at heights the following safety precautions should be taken to prevent objects from falling and injuring persons below.

- Objects must be raised and lowered in a controlled and safe manner.
- Delineate a drop zone and use signage.
- Restrict access to the drop zone whenever work is performed above.
- Ground personnel working near and/or entering a drop zone must wear head protection.

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**Warning**  
Falling objects



# GENERAL REQUIREMENTS FOR WORKING ON LADDERS

- All ladders must comply with the AS/NZS 1892 Portable Ladders series, as applicable.
- The ladder must have a rated capacity of at least 120kg and must be manufactured for industrial use.
- The ladder must be used on firm, stable and level ground.
- The ladder must only be used for that which it was designed.



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# GENERAL REQUIREMENTS FOR WORKING ON LADDERS

- The ladder must be checked before use to ensure that it is in good condition.
- All the locking devices on the ladder must be in place.
- The worker's body must remain within the space between the rails of the ladder.
- Three substantial contact must always be maintained while performing work on a ladder.



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# WORK AT HEIGHTS TRAINING

Personnel assigned to work at heights where there is the potential of injury by falling from one level to another, or requiring the use of fall protection equipment, must have completed training to enable them to carry out their work safely.



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# WORK AT HEIGHTS RESCUE

If using a fall arrest system as a measure to control risk, rescue procedures must be developed and implemented.

The rescue procedures must be tested to ensure their effectiveness prior to the commencement of any work at heights.

All relevant persons may be affected by the work at heights must receive suitable and adequate information, training and instruction in relation to the rescue procedures.



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# IN SUMMARY

Well let's make this simple, shall we?

You need to follow the hierarchy of controls we discussed earlier when dealing with working at height'



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Get It RIGHT**