

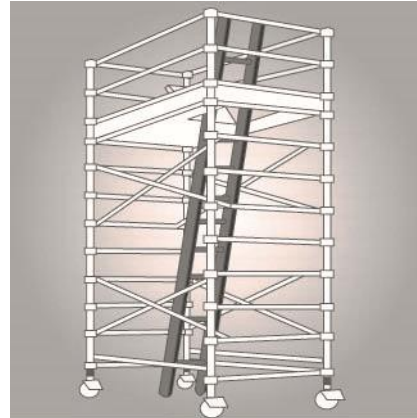
## What is Work at Heights?

'...is any place which a person can fall from one level to another that is reasonably likely to cause injury to the person or any other person.'

## Assessing the Risk?

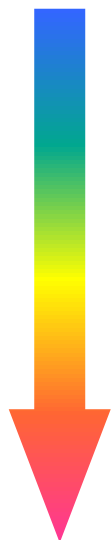
A risk assessment in the form of a Safe Work Method Statement (SWMS) is required to be undertaken for each work at height activity to determine the necessary fall prevention controls required. Typical hazards that should be considered:

- Persons falling from heights;
- Equipment/tools falling from heights;
- The effects of falling e.g., Suspension Trauma;
- Falling onto sharp objects;
- Falls through penetrations and openings;
- Falls from unsecured and unguarded edges;
- Inappropriate fall prevention equipment for the task;
- Damage to fall prevention equipment from chemicals, sharp edges;



## Fall Prevention Controls

The Hierarchy of Control for Fall Prevention shall use the most practicable control measures to reduce the risk of injury to personnel to as low as reasonably practical. In order of preference:



### ELIMINATE OR MINIMISE WORK AT HEIGHT

Work from the ground or on a solid platform (eg use long handled tools, tool extension poles or relocate the task to the ground).

USE A PASSIVE FALL PREVENTION DEVICE (e.g., EWP, scaffolding or guardrailing).

WORK POSITIONING SYSTEM – Industrial rope access, travel restraint system (that physically prevents user reaching the edge).

### FALL ARREST SYSTEM

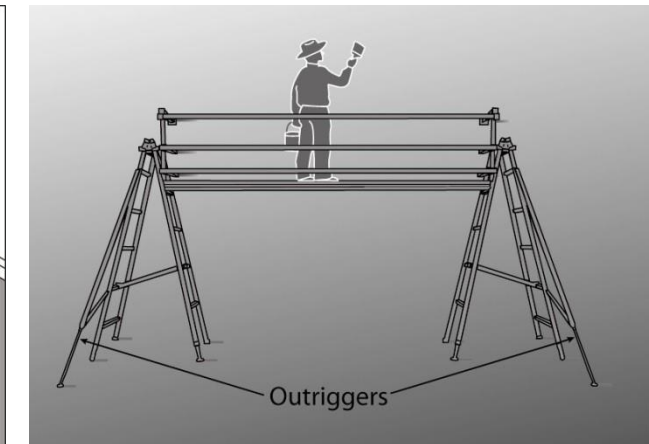
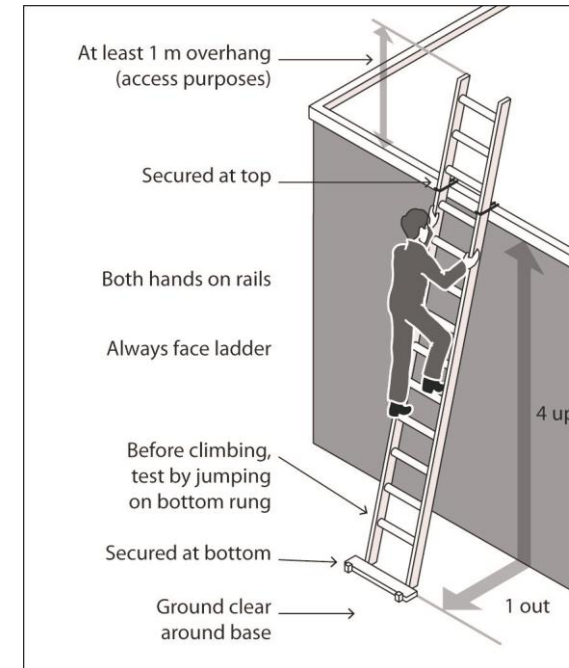
Use of a full body harness and lanyard assemblies (e.g., industrial safety net, catch platform or safety harness system other than a travel restraint system)

LADDERS - Where there is no practicable alternative, a ladder may be used. Ladders are primarily used for access and may only be used if 3 points of contact can be maintained.

## Safe Use of Ladders

When a ladder is used, you should check that:

- the ladder is in good condition—the ladder should be inspected for faults, such as broken rungs, stiles and footing before it is used
- all the locking devices on the ladder are secure
- materials or tools are not carried while climbing the ladder—use a tool belt or side pouch
- only light duty work is undertaken while on the ladder, where three points of contact can be maintained and tools can be operated safely with one hand
- slip resistant base, rungs or steps are provided
- slip resistant shoes are worn



## Trestle Ladders

- Only for use at heights >2m when there are guard rails and toe boards
- Some include outriggers for stability
- Only suited to light duty tasks
- The system must be assembled according to manufacturer's instructions with complete set of compatible components
- Minimum width of working platform is >450mm
- Alternative options should be considered in lieu of trestle ladders such as small scissor lift

## Scaffolding

- All scaffolding is to be erected, altered, and dismantled by a competent person. A licenced scaffolder is required to provide written confirmation where the scaffold is >4m.
- All components are the same type & not mixed unless approved by manufacturer
- Edge protection is installed such as guard rail and toe board installed.
- Safe access and egress is provided e.g., internal ladder.
- Platform is clear of debris.
- Information, instruction & training is provided e.g., type of load the scaffold can safely take.

## Signage, Barricading and Security

The type and amount of signage, barricading and security controls are determined through a risk assessment and documented in the SWMS. The following controls must be considered:

- Delineation of a Drop Zone and/or provision of a spotter that takes into consideration public interaction and other workers;
- Adequate signage located around the work area;
- Tools and equipment are appropriately secured using tool lanyards, toolbags and other appropriate mechanisms;

## Emergency Preparedness and Response

Where a work positioning system or fall arrest system is used, an Emergency Response Plan which deals with the specific work at heights is required.

## For Further Info You May Refer To:

AS/NZS 1891 (Parts 1 to 4 Series)

Code of Practice – Managing the Risk of Falls at Workplaces