

# WORKING AT HEIGHT



## ASSESS THE RISK

Can you:

- avoid working from height?  
(e.g. use telescopic tools)
- use measures to prevent falls?  
(e.g. erect guardrails)
- minimise the distance/consequence of a fall?  
(e.g. use a full body harness with a fall arrest lanyard)



## GET THE RIGHT EQUIPMENT?

When working at height, consider using the following equipment, planning the task will influence the selection.

- Scaffold
- Mobile tower
- Mobile elevated working platform
- Harness
- Trestle
- Ladders and stepladders



## IS THE EQUIPMENT SAFE?

Equipment needs to be maintained in safe working order.

Always check for signs of damage before and after use.

Always report defects and make sure others are made aware if equipment is not safe for use.



## PLAN THE TASK

Before carrying out a piece of work consider:

- What the most suitable equipment is for the job
- Whether you need to restrict access to the area you're working in
- Could there be falling objects?
- If you hurt yourself, who will be there to help you?



## ARE YOU SAFE?

Make sure you have the appropriate information and training to use equipment safely and in accordance with the manufacturers instruction.