

Working at Height Hierarchy of Control

TN3V3R9

Can you PREVENT go to MINIMISE a fall from

occurring? If NO,

the distance and/or

conseduences

Can you MINIMISE

If the risk of a person falling of a fall? **WINIWISE**

measures to minimise the distance remains, you must take sufficient protection using work equipment Practical examples of collective and/or consequences of a fall. to minimise the distance and safety nets and soft landing systems,

consequences of a fall:

eg air bags, installed close to the level of the work An example of personal protection used to minimise the distance and consequences of a fall:

- industrial rope access, eg working on a building façade
- fall-arrest system using a high anchor

Using ladders and stepladders

duration, ladders and stepladders can be a sensible and practical For tasks of low risk and short option. If your risk assessment determines it is correct to use a ladder, you should further MINIMISE the risk by making sure workers:

- use the right type of ladder for the job adequate training and/or supervision are competent (you can provide to help)
 - use the equipment provided safely and follow a safe system of work are fully aware of the risks and

measures to help control them

the first place? If NO. working at height in

GIOVA

go to PREVENT

You can do this by:

Do as much work as possible from

the ground.

Some practical examples include:

with a permanent perimeter guard rail is already safe, eg a non-fragile roof using an existing place of work that

or, if not

level to remove the need to climb a using extendable tools from ground

lowering a lighting mast to ground

ground level assembly of edge

eve

protection

installing cables at ground level

ladder

using work equipment to prevent people from falling

collective protection when using an Some practical examples of existing place of work:

 a concrete flat roof with existing edge protection, or guarded mezzanine

floor, or plant or machinery with fixed collective protection using work Some practical examples of equipment to prevent a fall: guard rails around it

- mobile elevating work platforms
 - (MEWPs) such as scissor lifts tower scaffolds/ scaffolds

using a work restraint (travel

using work equipment to prevent a An example of personal protection

restriction) system that prevents a worker getting into a fall position For each step, consider what is reasonably practicable and use 'collective protection' before 'personal protection'

Use of Ladders and Step Ladders

You **MUST** only use ladders in situations where they can be used safely, where the ladder will be level and stable, and where it is reasonably practicable to do so, the ladder can be secured.

If your task requires you staying up a leaning ladder or stepladder for more than 30 minutes at a time, you **MUST** consider alternative equipment.

To use a ladder you need to be competent, i.e. have had instruction and understand how to use the equipment safely.



If using extension ladders each section must overlap:

- 2 Rungs for ladders up to 5 metres (Closed Length).
- 3 Rungs for ladders 5-6 metres (Closed Length).
- 4 Rungs for ladders over 6 metres (Closed Length).

Before Use Checks

- Ladders and step ladders MUST be stored correctly and inspected before use.
- Check for splits or cracks in the stiles and rungs.
- Ensure that none of the rungs are missing or loose.
- Ladders and step ladders MUST be identified with a tag and inspection dates MUST be displayed and in date.
- Report ALL defects; label as defective and remove from site.

Use of Ladders

- Ladders MUST be set on a firm base and leaning at the correct angle, which is one unit out to four units up.
- Ladders must be tied top and bottom and extend a safe distance above the landing stage e.g. minimum of 1 metre.
- If it cannot be secured at the top, it MUST be secure at the bottom i.e. staked or buried to prevent slipping.
- Ensure your footwear is free from mud or grease before you climb up or down the ladder.
- When climbing up or down, use both hands, always facing the ladder while maintaining three points of contact.

NEVER

- Overreach from the ladder or steps, always move them to the correct position.
- Use painted ladders or steps, this can hide unseen damage.
- Use hands to carry equipment up and down the ladder.