Working at Height



<u>Overview</u>

This document covers all the things you need to know before working at height, hazards and safe working on roofs.

Before working at height

- 1) Ladders and stepladders are only for the light work of a short duration where there is a low risk of falling.
- 2) Ideally other, safer access equipment will be provided.
- 3) Roof- edge barriers (or scaffolds) must be erected to prevent people and materials falling.
- 4) Access ladders must extend at least one metre above the stepping-off point and must be secured.
- 5) Fragile surfaces (such as asbestos cement roof sheets and some skylights) must be identified with signs and measures taken to stop you falling through.
- 6) Ladders must be rested at the correct angle (one unit out to four units up).

Hazards of working at height

- 1) If a fall could result in serious injury, guard rails and toe boards must be installed.
- 2) Adverse weather conditions must be anticipated and suitable precautions taken: beware of wet, windy or icy weather.
- 3) Too much material on a working platform can make access difficult or make the scaffold unstable.
- 4) Don't allow rubbish to accumulate. Use a chute or lower materials properly.

Safe working on roofs

- 1) Only competent operatives may be used for roofing works.
- 2) A safe system of work must be devised and implements where the rood would otherwise be liable to collapse under a persons weight: usually a temporary platform is used.
- 3) If edge protection or a soft-landing system cannot be used, it may be necessary to use a harness and lanyard. A secure anchorage point and training will be necessary.

Health and safety

Around 40% of major injuries on construction sites involve falls from heights, more than 50% of falls from height end in death. Think before working at height, making sure you are aware of the hazards and working safely on the roofs.

<u>Summary</u>

Make sure you know what you need to think about before working and height and during working at height to avoid injury. Making sure you are aware of the hazards of what at height.

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TOOL BOX TALK RECORD

Project Name:				Ph	ase:	
Site Address:						
Job No:			Date of talk:			
Name of person giving Tool Box Talk:						
Person giving Tool Box Talk employed by:						
Start Time						
End Time						
Name (Capitals)		Signature		Trade		Employer
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